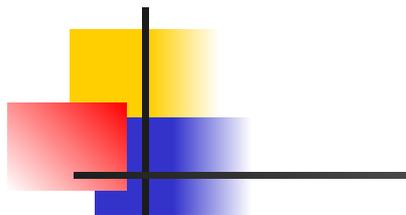


**Закалайся**



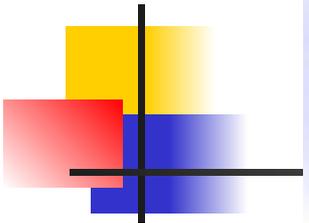
**если хочешь быть здоров**



# Как закаливать свой организм?

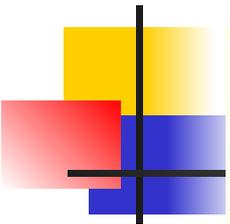
Зарядка



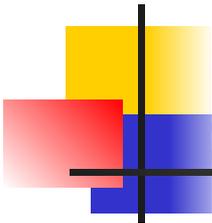


**обливание**

# ВОЗДУШНЫЕ ВАННЫ



# ЗИМНЕЕ ЗАКАЛГИВАННЕ

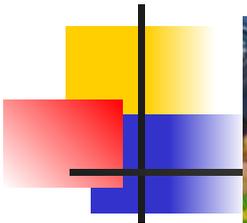


# ИГРЫ НА СВЕЖЕМ ВОЗДУХЕ



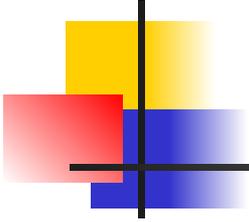


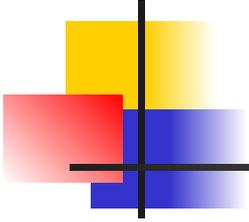
Группы детей

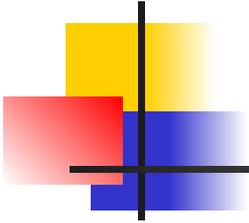


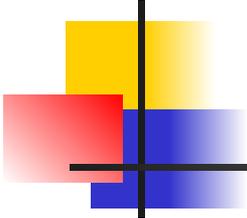
# Виды спорта.

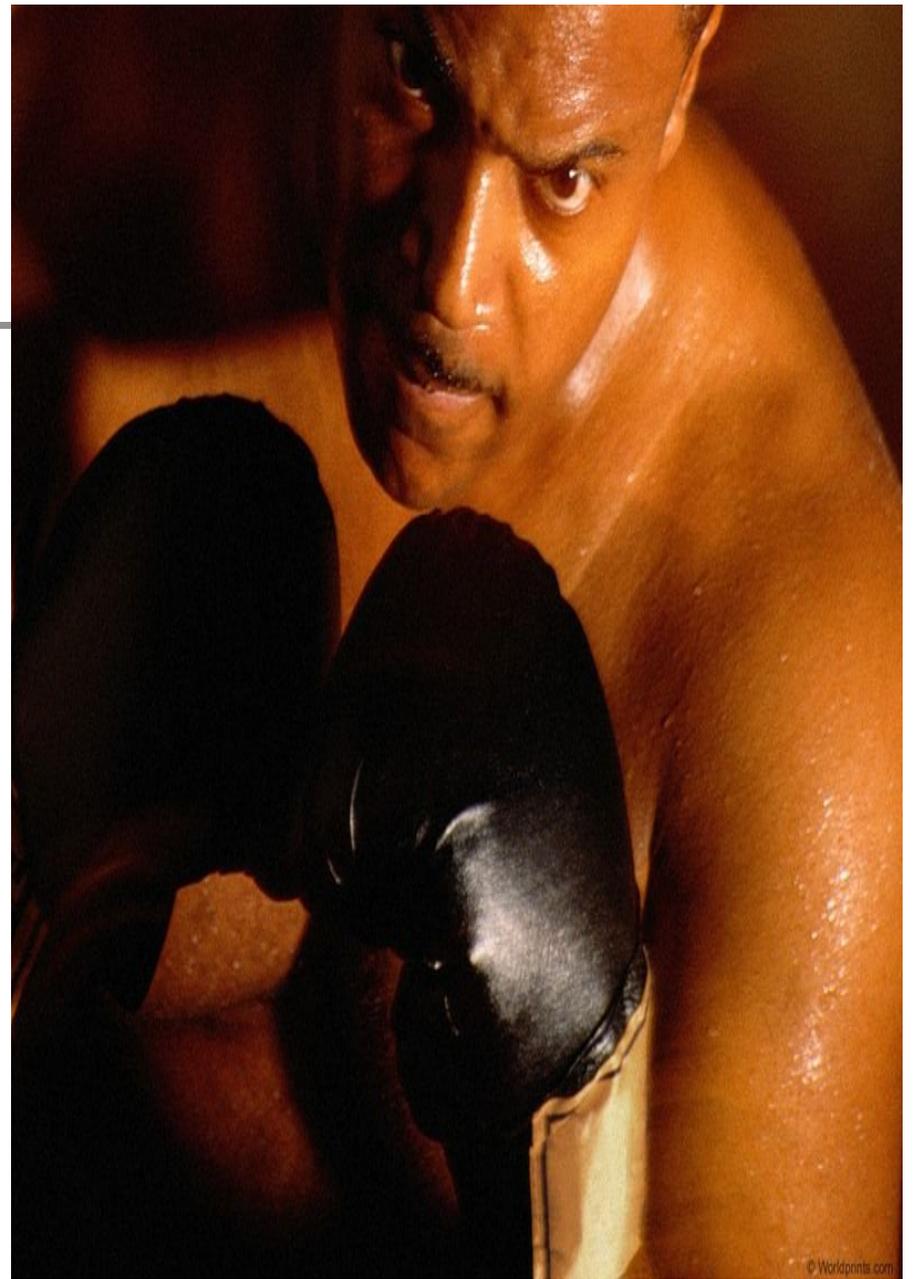
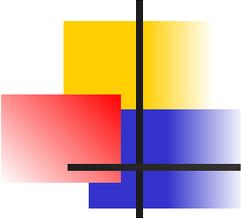












# З а к а л я ю с я



**если хочешь быть здоров**