

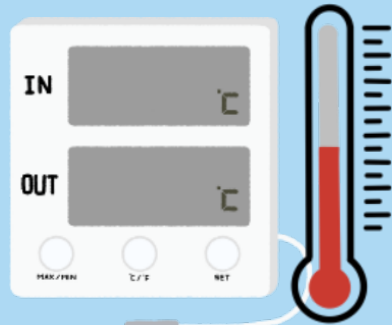
건강하게 겨울나기!

1



**가벼운 실내운동,
적절한 수분 섭취하기!**

2



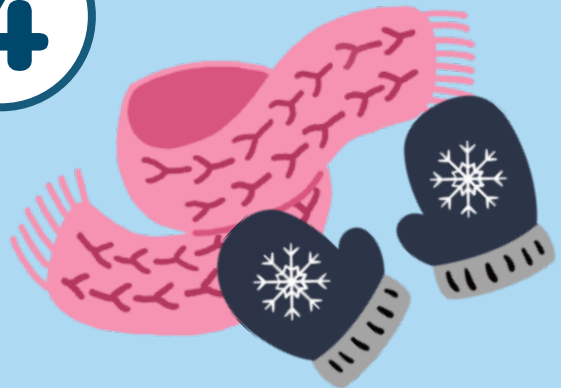
**실내 적정온도와
습도 유지하기!**

3



**추운날에는
야외활동 자제하기!**

4



**외출 시
따뜻하게 옷 입기!**