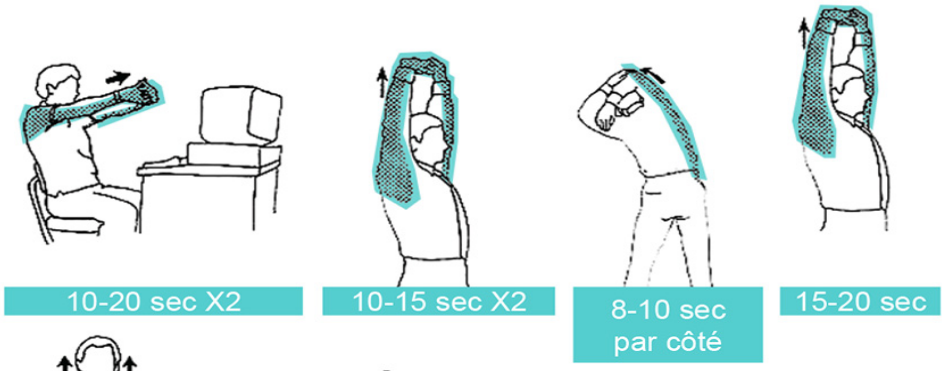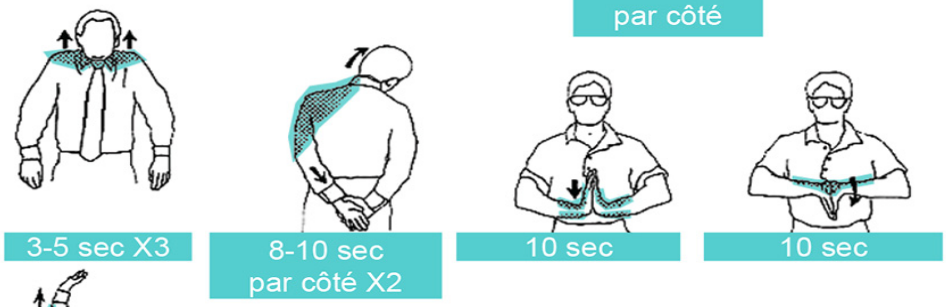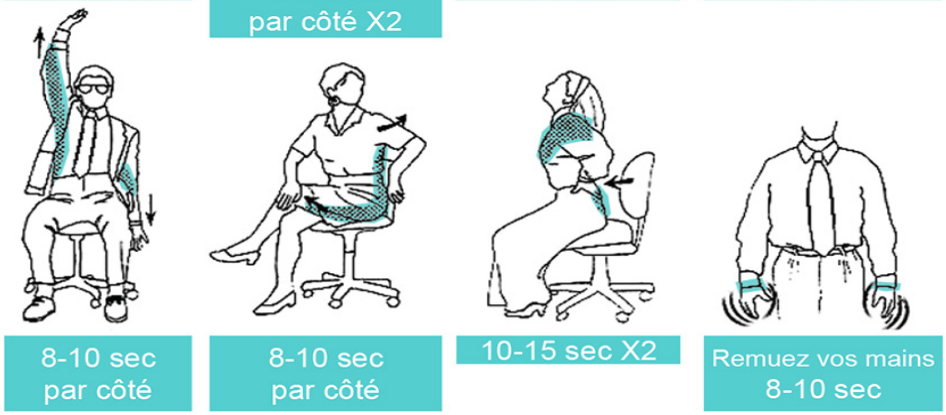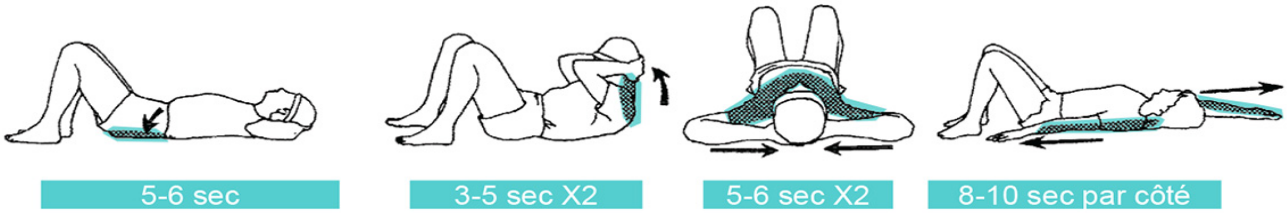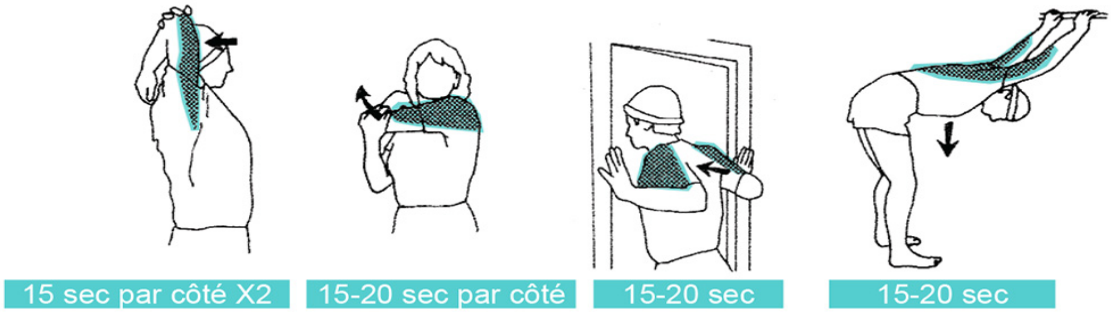LES ETIREMENTS FACILES ET EFFICACES
PENDANT CETTE PÉRIODE OÙ VOUS PASSEZ BEAUCOUP DE TEMPS
ASSIS OU DEVANT LES ECRANS
PENSEZ À VOUS ÉTIRER RÉGULIÈREMENT TOUT EN DOUCEUR SANS FORCER