

3018

What's 30:0 ?

それは、とてもスマートな運動

3018

The image displays four identical black and white geometric shapes arranged horizontally. Each shape consists of two vertical rectangles joined at their midpoints by a horizontal bar. The top and bottom segments of these vertical rectangles are black, while the central connecting bar and the middle section are white. This pattern is repeated four times across the frame, set against a background of alternating vertical yellow and white stripes.

3018

さん まる いち まる

3010
運動

宴会における大量の食品ロスが問題になっています

最初の

最後の

30

分
分

今日の春の宴会からスタート！

3010 運動

