

BERICHTEN VOOR SOCIALE MEDIA

GEZOND BINNEN

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**Hou je kot gezond.**4 vuistregels voor een gezond binnenmilieu.

|  |  |
| --- | --- |
| Vandaag start de Week van Gezond Binnen! Doe de check check check van 4 vuistregels en [#houjekotgezond](https://www.facebook.com/hashtag/houjekotgezond?__eep__=6&source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARCXcc69Q2x30YinkkK_L63W62MD3RjlFXof0aCAMJcMDgQdkrRuixYm95OArmyXnPpAgSHzpoAhcG9hy3lYjU3oNHRpijjYqQ2M_TOBCSEI5EUA6lMsu3DYNL0ozr-sqE56HxkjFWFYMzCT7TxHuWaCGTGC-6FGxYps4olsabQoh-ig-7WREN23tb6k4i6itxrBORBqkDSxkz9vtMEQyWEr0cOrH9PbJzY3KxXyG8lbejI1OZPp8CZkZzKZ036ecIpfbj8FK0YbtxAZUH6d-3krgxQIzFyXKyEpjgNFYhh8zkgRLp2Xa16YTfAJeiZgOsi-&__tn__=%2ANK-R)! 👊👊👊👊 [#gezondbinnen](https://www.facebook.com/hashtag/gezondbinnen?__eep__=6&source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARCXcc69Q2x30YinkkK_L63W62MD3RjlFXof0aCAMJcMDgQdkrRuixYm95OArmyXnPpAgSHzpoAhcG9hy3lYjU3oNHRpijjYqQ2M_TOBCSEI5EUA6lMsu3DYNL0ozr-sqE56HxkjFWFYMzCT7TxHuWaCGTGC-6FGxYps4olsabQoh-ig-7WREN23tb6k4i6itxrBORBqkDSxkz9vtMEQyWEr0cOrH9PbJzY3KxXyG8lbejI1OZPp8CZkZzKZ036ecIpfbj8FK0YbtxAZUH6d-3krgxQIzFyXKyEpjgNFYhh8zkgRLp2Xa16YTfAJeiZgOsi-&__tn__=%2ANK-R)  |  |
| Hou je kot gezond! Vuistregel 1 👊 van de 4 👊👊👊👊: Ventileer!! [#houjekotgezond](https://www.facebook.com/hashtag/houjekotgezond?__eep__=6&source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARCXcc69Q2x30YinkkK_L63W62MD3RjlFXof0aCAMJcMDgQdkrRuixYm95OArmyXnPpAgSHzpoAhcG9hy3lYjU3oNHRpijjYqQ2M_TOBCSEI5EUA6lMsu3DYNL0ozr-sqE56HxkjFWFYMzCT7TxHuWaCGTGC-6FGxYps4olsabQoh-ig-7WREN23tb6k4i6itxrBORBqkDSxkz9vtMEQyWEr0cOrH9PbJzY3KxXyG8lbejI1OZPp8CZkZzKZ036ecIpfbj8FK0YbtxAZUH6d-3krgxQIzFyXKyEpjgNFYhh8zkgRLp2Xa16YTfAJeiZgOsi-&__tn__=%2ANK-R) [#gezondbinnen](https://www.facebook.com/hashtag/gezondbinnen?__eep__=6&source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARCXcc69Q2x30YinkkK_L63W62MD3RjlFXof0aCAMJcMDgQdkrRuixYm95OArmyXnPpAgSHzpoAhcG9hy3lYjU3oNHRpijjYqQ2M_TOBCSEI5EUA6lMsu3DYNL0ozr-sqE56HxkjFWFYMzCT7TxHuWaCGTGC-6FGxYps4olsabQoh-ig-7WREN23tb6k4i6itxrBORBqkDSxkz9vtMEQyWEr0cOrH9PbJzY3KxXyG8lbejI1OZPp8CZkZzKZ036ecIpfbj8FK0YbtxAZUH6d-3krgxQIzFyXKyEpjgNFYhh8zkgRLp2Xa16YTfAJeiZgOsi-&__tn__=%2ANK-R)  | **Afbeelding met tekst  Automatisch gegenereerde beschrijving** |
| Hou je kot gezond! Vuistregel 2 👊👊 van de 4 👊👊👊👊: Verlucht!! [#houjekotgezond](https://www.facebook.com/hashtag/houjekotgezond?__eep__=6&source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARCXcc69Q2x30YinkkK_L63W62MD3RjlFXof0aCAMJcMDgQdkrRuixYm95OArmyXnPpAgSHzpoAhcG9hy3lYjU3oNHRpijjYqQ2M_TOBCSEI5EUA6lMsu3DYNL0ozr-sqE56HxkjFWFYMzCT7TxHuWaCGTGC-6FGxYps4olsabQoh-ig-7WREN23tb6k4i6itxrBORBqkDSxkz9vtMEQyWEr0cOrH9PbJzY3KxXyG8lbejI1OZPp8CZkZzKZ036ecIpfbj8FK0YbtxAZUH6d-3krgxQIzFyXKyEpjgNFYhh8zkgRLp2Xa16YTfAJeiZgOsi-&__tn__=%2ANK-R) [#gezondbinnen](https://www.facebook.com/hashtag/gezondbinnen?__eep__=6&source=feed_text&epa=HASHTAG&__xts__%5B0%5D=68.ARCXcc69Q2x30YinkkK_L63W62MD3RjlFXof0aCAMJcMDgQdkrRuixYm95OArmyXnPpAgSHzpoAhcG9hy3lYjU3oNHRpijjYqQ2M_TOBCSEI5EUA6lMsu3DYNL0ozr-sqE56HxkjFWFYMzCT7TxHuWaCGTGC-6FGxYps4olsabQoh-ig-7WREN23tb6k4i6itxrBORBqkDSxkz9vtMEQyWEr0cOrH9PbJzY3KxXyG8lbejI1OZPp8CZkZzKZ036ecIpfbj8FK0YbtxAZUH6d-3krgxQIzFyXKyEpjgNFYhh8zkgRLp2Xa16YTfAJeiZgOsi-&__tn__=%2ANK-R)  |  |
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