

# +10 min of activity every day, anywhere, anytime.

Let's see where you can add 10 min of activity in your daily life.

## 18 – 64 years old

In the case of Ms./Mr. A In the case of Ms./Mr. B

## 65 years or older

In the case of Ms./Mr. C

**6:00 am** Walking, jogging, aerobics TV program, gardening...

### While commuting

Take a brisk walk, ride a bike

### During housework

Complete your tasks vigorously  
Turn your housework into exercise

### While working

Move frequently, use the stairs, chose the bathroom furthest away...

### During lunch break

Take a walk, go out for lunch...

### During lunch break

Stay active during TV time (muscle training, stretching), go out with friends

**12:00 pm**

### While working

Chose the bathroom furthest away, do some slight gymnastic movements...

### During housework

Go shopping by walking, accompany your children/grandchildren to school...

### When going back home

Increase your stride length, use the stairs

**8:00 pm**

Take a walk, go to sports center, stay active when watching TV (muscle training, stretching) ...

## For your safety

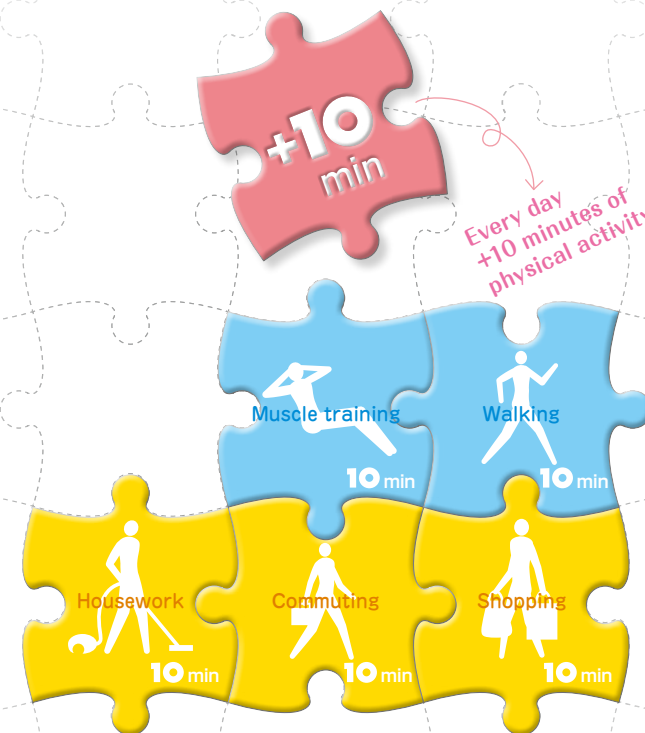
Although physical activity is essential for your health, it may cause accidents or injuries in some cases. We recommend you to pay attention in your activities to the following points:

- You should increase your exercise duration bit by bit.
- Do not exercise when you feel tired, when you are sick or injured, or if you have any disabilities that may prevent you from exercising.
- In case of disease or injury, please consult a doctor or a health and fitness professional.



# ActiveGuide

—Japanese official physical activity guidelines for health promotion—



Let's move +10 min every day for a longer healthy life expectancy ※1

Be active and enjoy a healthy life. Physical activity lowers the risks of diabetes, heart disease, stroke, cancer, locomotive syndrome※2, depression, and dementia. So, why don't you try to move for an additional 10 min every day?

※1 What is "healthy life expectancy"?

According to *Health Japan 21* (2nd term of the National Health Promotion Movement) and the *World Health Organization*, the concept of "healthy life expectancy" refers to the ability for one person "to live in good health and with a sense of fulfillment and self-enrichment, without suffering from senile dementia or becoming bedridden."

※2 What is "Locomotive syndrome"?

The concept of "Locomotive syndrome" refers to elderly people who require nursing care services because of various disorders of the locomotive organs (muscles, bones, or joints), or present a risk of developing such conditions.



ActiveGuide — Japanese official physical activity guidelines for health promotion —

Ministry of Health, Labour and Welfare

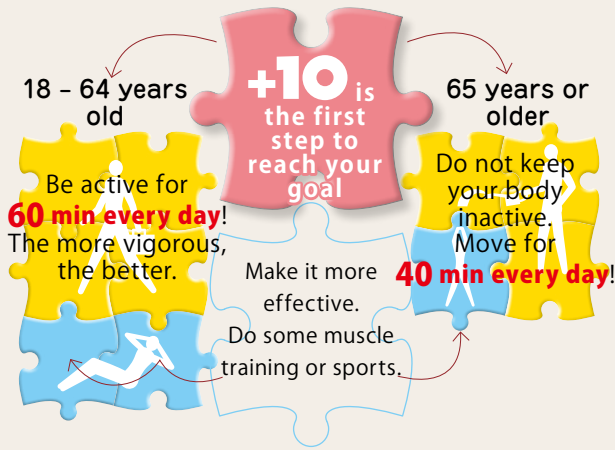
Health Service Bureau, Cancer Measures and Health Promotion Division.

# Your first steps for a healthy life!



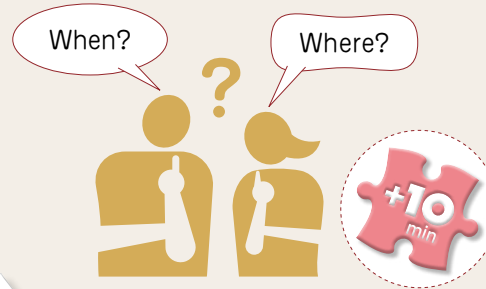
## Let's start with +10

To have a longer healthy life, be active for an additional 10 min every day.



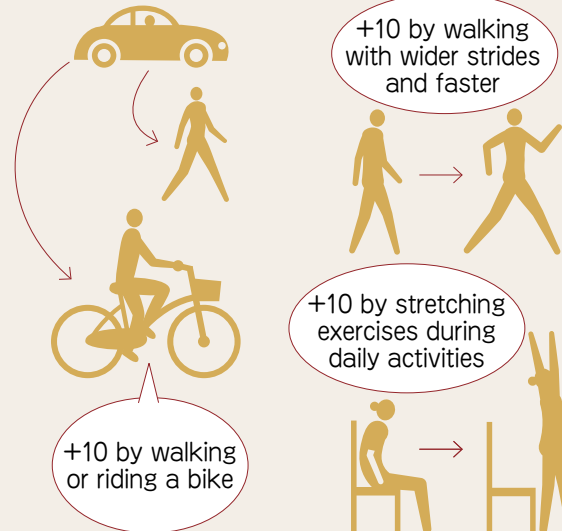
### 1 Notice what to do!

Every day you have many chances to become active in your daily life. Find when and where you can move for 10 min more.



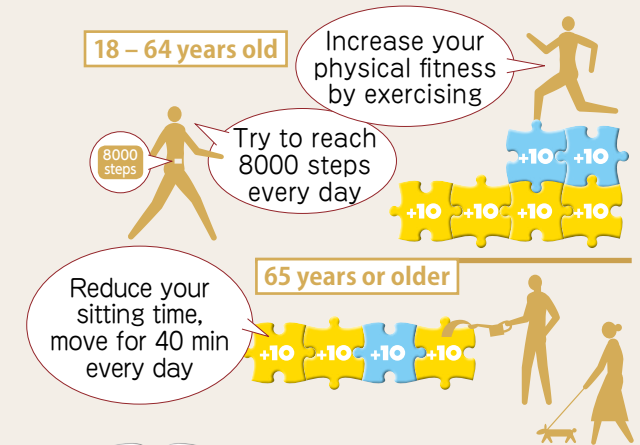
### 2 Start now!

The first step to get healthy is to move a little longer and more vigorously than what you do now. Start by adding 10 min of activity every day.



### 3 Keep it up!

Your goal is to move for 60 min every day (40 min for the elderly). Get fit!

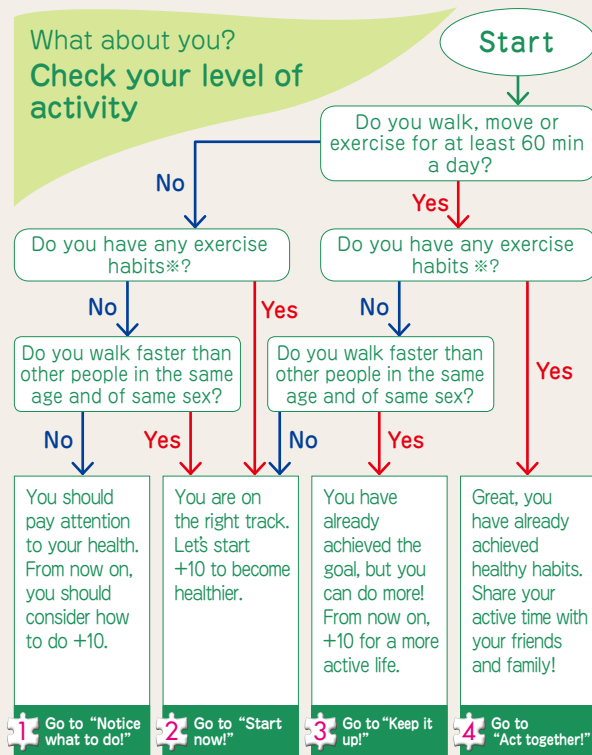


### 4 Act together!

Share your +10 with your friends or family. It is more fun to share your activities with someone else.



#### What about you? Check your level of activity



- 1 Go to "Notice what to do!"
- 2 Go to "Start now!"
- 3 Go to "Keep it up!"
- 4 Go to "Act together!"

\* Exercise habits: doing at least 30 min of exercise twice a week over the previous year.