**Active Guide**
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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.

**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.

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**How to be more active?**
Every day, add +10 min of activity:

- **In your neighborhood**
  - Is there a place to walk or a bicycle lane?
  - Are there parks or sport facilities?
  - Join in sports events held in your community.
  - Have fun, go around for shopping, move and maintain healthy habits.

- **In your workplace**
  - Try to commute by riding a bike or by walking.
  - Reconsider your working environment. Take advantage of your break time to exercise a little.
  - After your annual health check-up and health guidance, try to change your habits to move more.

- **With your friends and family**
  - During the weekends and holidays, go out with your friends and family.
  - Consult with health professionals at your nearest health promotion center or municipality office.
  - Meet people and talk with each other face to face rather than on phones or by e-mail.

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Ministry of Health, Labour and Welfare
Health Service Bureau, Cancer Measures and Health Promotion Division.
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.

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

- **Start**
  - Do you walk, move or exercise for at least 60 min a day?
    - Yes
    - No

- **Yes**
  - Do you have any exercise habits※?
    - Yes
    - No

- **No**
  - Do you walk faster than other people in the same age and of same sex?
    - Yes
    - No

- **Yes**
  - You have already achieved the goal, but you can do more! From now on, +10 for a more active life.

- **No**
  - You should pay attention to your health. From now on, you should consider how to do +10.

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

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

**18 – 64 years old**
- Be active for 60 min every day!
- The more vigorous, the better.
- Make it more effective. Do some muscle training or sports.

**65 years or older**
- Do not keep your body inactive. Move for 40 min every day!

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**Notice what to do!**

- Your first steps for a healthy life
  - +10 by stretching exercises during daily activities
  - +10 by walking with wider strides and faster

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**Keep it up!**

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

**Act together!**

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**Enjoy practicing activities together**