

# Original Exercise Program for Employees:

## “Yakult Stretch”

### 1. Purpose

Based on our annual internal health surveys, symptoms such as stiff shoulders, lower back pain, and eye fatigue consistently rank among the most common physical complaints.

To help prevent these issues, the “Yakult Stretch” program aims to reduce physical strain on employees, promote refreshment, and further enhance employee health and work productivity.

### 2. Program Overview

We conduct our original stretching exercises designed to help prevent stiff shoulders, lower back pain, and eye fatigue.

A video is broadcasted every day at 2:30 p.m., a time when human biological rhythms tend to cause drowsiness and reduced work efficiency.

### Stretching Content



### Scenes from the Yakult Stretch Program



### 3. Employee Feedback

- “Yakult Stretch gives me a refreshing break and helps improve my work efficiency.”
- “The stretching time has become a great opportunity for communication in the workplace.”
- “Thanks to Yakult Stretch, my shoulder and back pain have eased. I now make an effort to stretch at home as well.”