

# Yakult Health 21

## 1. Purpose

We encourage employees to reassess their lifestyle habits as a first step toward preventing and improving lifestyle-related diseases.

## 2. Program Overview

Employees select a course—either diet or exercise—based on their individual health needs and participate in a 90-day challenge.

### ■Course examples

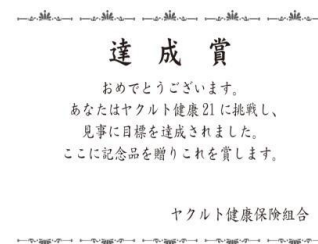
Diet	Breakfast Course
	Eat Five Servings of Vegetables, Mushrooms, Seaweed, or Beans per Day Course
Exercise	Walking - 10,000 Steps Course
	Walking - 5,000 Steps Course
	Radio Exercise Course

The above reflects FY2023 course options; content varies by year.

**Be Conscious  
About Using the Stairs!**



**Participants who complete  
the challenge  
receive an achievement award.**



## 3. Participant Feedback

- “I usually don’t have much time to exercise, but during the challenge period I became more conscious of my daily steps and made an effort to use the stairs at the station. I’ve continued using the stairs even after the program ended.”
- “I used to eat breakfast only two or three times a week, but during the program I began eating breakfast with my family every day. It helped improve communication at home, and I plan to continue having breakfast together.”