

In-house Exercise Program

1. Purpose

For employees who face risks of lifestyle-related diseases and wish to improve their health, external instructors provide guidance on improvement methods. Through motivation and behavioral change support, **the program helps employees adjust their lifestyle habits, identify risk factors, and improve health indicators.**

2. Program Overview

- Program Name: “Lifestyle Improvement Program (RIZAP)”
- Duration: 1 to 1.5 hours (in-person or online participation)
- Content: Lectures and practical sessions led by external instructors

■ Goal-setting Guidance

Lecture on how to set achievable health goals



■ Dietary Guidance

Lecture on how to eat in a way that promotes better health



■ Exercise Guidance

Practical exercises that are enjoyable, effective for fat burning, and can be done at work or at home



3. Participant Feedback

- “Receiving direct guidance from a professional trainer on diet and exercise was far more valuable than gathering information online. Participating in person also boosted my motivation.”
- “Joining online allowed me to participate at my own pace without worrying about others. It also created shared topics of conversation with other participants, which helped deepen communication.”