

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.”