

# Body Composition Measurement Event

## 1. Purpose

**By providing employees with an opportunity to understand their own “physical strengths and areas for improvement”** through body composition measurement, we aim to intrinsically motivate more employees to build healthy habits.

**This serves as a starting point for setting future health goals and promoting further lifestyle improvements.**

## 2. Program Overview

### **Body Composition Measurement**

Participants can measure various indicators such as body fat, muscle mass, water content, basal metabolic rate, and visceral fat level, allowing them to understand their physical strengths and areas for improvement.



Simply enter the required information and you can get measured right away!

Printed results are provided on the spot!

### **Results Explanation & Counseling**

Based on the measurement results, participants receive practical health advice they can apply immediately.



## 3. Participant Feedback

- “This was my first time having my body composition measured, and it was very informative to learn about my muscle mass and body fat. Since my upper-body muscle mass was lower than ideal, I plan to work on the simple exercises the trainer taught me.”
- “It was helpful to receive the printed results immediately, making it easy to start improving my lifestyle right away. My mineral levels were low, so I will try to eat more seaweed and similar foods.”