

# Running Workshop

## 1. Purpose

Through instruction from members of the Yakult track and field club, the program aims not only to help employees learn proper running form but also to motivate them to improve their health and encourage behavioral changes that reduce the risk of lifestyle-related diseases.

## 2. Program Overview

Participants learned about warm-up techniques, nutrition, and key points for effective running from Yakult track and field club athletes.

Participants also practiced running in groups divided into beginner, intermediate, and advanced levels.

### Scenes from the Running Workshop



We learned that thorough warm-up help warm the body and significantly improve the quality of training.



Key points for running include smooth weight transfer, keeping your eyes forward, and relaxing your upper body.

## 3. Participant Feedback

- “For beginner runners, they carefully taught stretching, warm-up routines, basic breathing techniques, how to swing the arms, and even how to tie shoelaces properly. It was a very meaningful experience.”
- “It was great to interact with colleagues from other departments and group companies whom I normally don’t have contact with.”