

Supporting Employee Health (Installation of Exercise Equipment)

1. Purpose

To support employee health, various exercise tools—such as stretch tubes, hand grips, and balance balls—are permanently installed in the workplace, creating an environment where anyone can use them freely.

2. Program Overview

Available Exercise Equipment



Scenes of Employees Using the Equipment



3. User Feedback

- “Having exercise equipment available for free use gives me an easy opportunity to work on improving my lifestyle habits at the workplace. I think it’s great.”
- “I use the exercise equipment during break time. It has also become a good opportunity to communicate with my lunchtime colleagues.”