

## 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.”