



Health Information

"I'm not getting enough exercise, so I have to start doing some exercise... but what kind of exercise should I do? I'm busy and don't have time..." Does anyone have such a problem? In such a case, why not start with "radio calisthenics"! You may be thinking, "Isn't it too late to start `radio calisthenics`?" Radio calisthenics can move the whole body in just 3 minutes.



Careful attention to stretching of the arms and legs and making sure that the movements are crisp and clear will enhance the effectiveness of radio calisthenics.

Effects of radio calisthenics

- ① Basal metabolism UP through whole-body exercises Rejuvenation of vascular age
- ② Results in burning fat by improving metabolism and rejuvenation of physical strength age
- ③ Prevention and elimination of stiff neck and shoulders as well as back pain due to promotion of blood circulation
- ④ Prevention of osteoporosis through bending and stretching exercises and jumping exercises
- ⑤ Improved vitality through setting and achieving of goals

References: 「平成25年度 ラジオ体操の実施効果に関する調査研究」
(一般財団法人 簡易保険加入者協会委託調査)

	Radio Calisthenics No. 1	Radio Calisthenics No. 2
Calories burned	About 12kcal	About 13~18kcal
Number of exercises	13	13
Exercise	Relatively simple movement	Complex, muscle-intensive movements
Main subject	Targeting general households Designed to be performed "anywhere, anytime, by anyone".	Aimed at adults Initially designed for exercise in the workplace

Continuing to exercise is important! Why don't you add it to your resolutions for this year?
Do not force yourself to exercise if you are not feeling well.