

## Takarazuka “Iki-iki Age 100 Exercise”

### - For health enhancement of all elderlies-

Preventive care so far was focused on avoidance of falling into nursing condition or on prevention of worsening of the physical/mental condition; which biased on the training of function recovery. As a result, most of the service takers of preventive care believed continuous function recovery is the only effective way, and service givers tended to ignore “activities” and “participations” of elderlies.

This strategy is not only effective for function recoveries of elderly, it also affect environment for elderlies as it adjust the living environment, create worth of living, provide the places and opportunities to participate in society.

Taking elderlies as providers of services give them new role in society, while elderlies in need of help get various support from those who can provide. That will lead up to improve the quality of life of whole seniors in the society.

We created this “Iki-iki Age 100 Exercise” based on “Fitness over Fifty” issued by National Institutes of Age in the USA as an exercise program for elderlies.

Elderlies in community get together once a week and do physical training with some weights and do stretches for 30 minutes following DVD instructions.

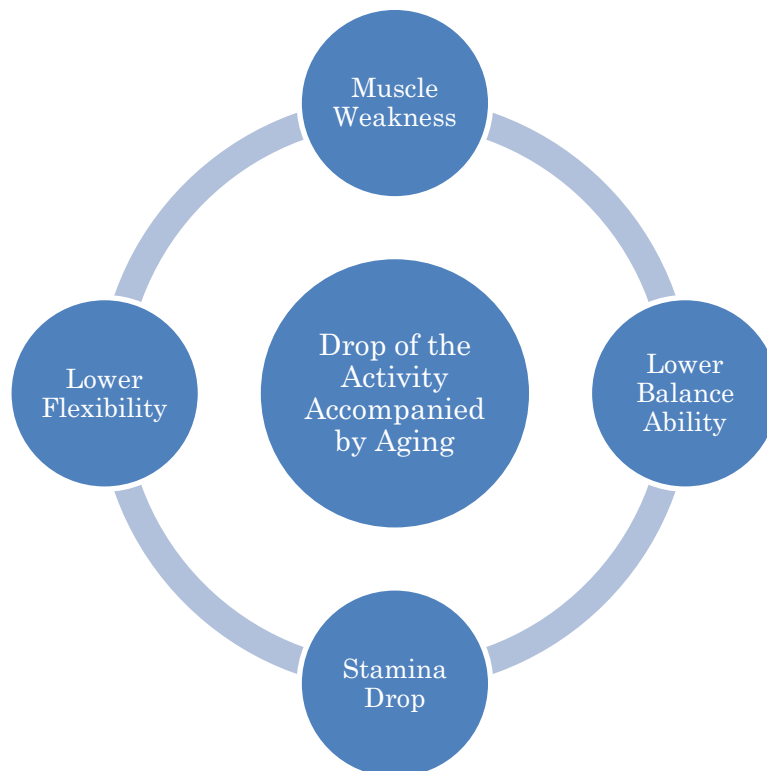
City government supports the “Iki-iki Age 100 Exercise” program as follows:

1. Free rental of exercise DVD and weights for 1 year
2. Sending physical trainers or nurses as instructors for the first four exercises.
3. Physical check-ups and exercise instructions in 3 months and 6 months to confirm the results.
4. Evaluation of effects of continuous exercises.

Expected effects of “Iki-iki Age 100 Exercise” are as follows:

- Can continue with neighbors in the own neighborhood.
- Anyone who comes to the site can join; even weak or in nursing care conditions can exercise with vigor people.
- It is easy-to-follow exercise with DVD, so care takers’ burden is light.
- Vigor elderlies can help care takers by setting up or clearing the site.
- Can realize the effect of the exercise by being able to stand up easily or changing clothes (even trousers) with no stress.
- Data proved the once-a-week exercise enabled the improvement in walking-related actions and stronger lower limb muscles.

## Iki-iki Age 100 Exercise



- Developed by Physical Therapist in Kochi city, Japan
- Exercise is focused on muscle exercise (with hint of balance and flexibility exercise added.)
- Enhancing muscle strength essential to daily movements and actions (such as standing up, walking, holding) besides injury/pain prevention.

## Practicing “Iki-iki Age 100 Exercise”

(Performed in 100 places in the city at the end of March 2018)



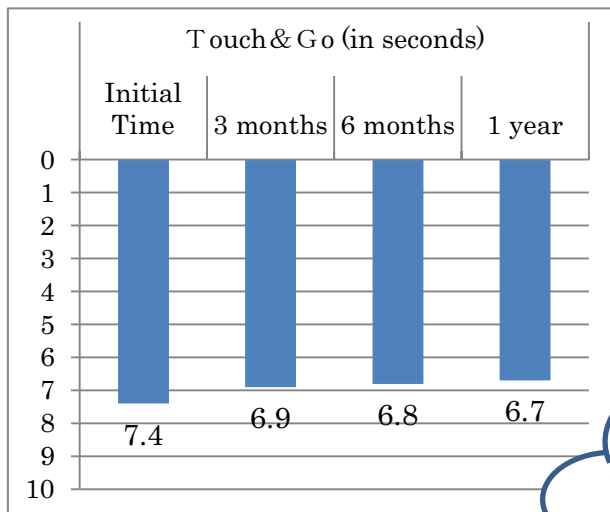
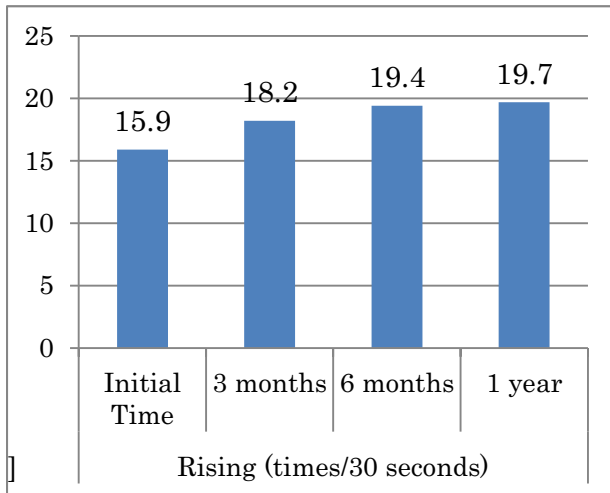
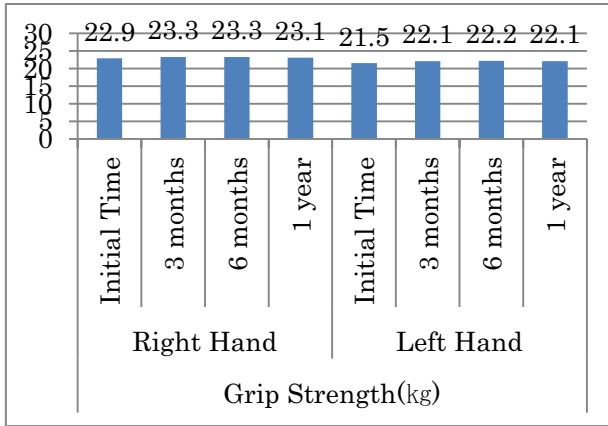
Local nurse is checking blood pressures of participants.

Professional cooperation is the key for our strategies.

- 血圧を測ってます。(地域の保健師さん?心強いです)



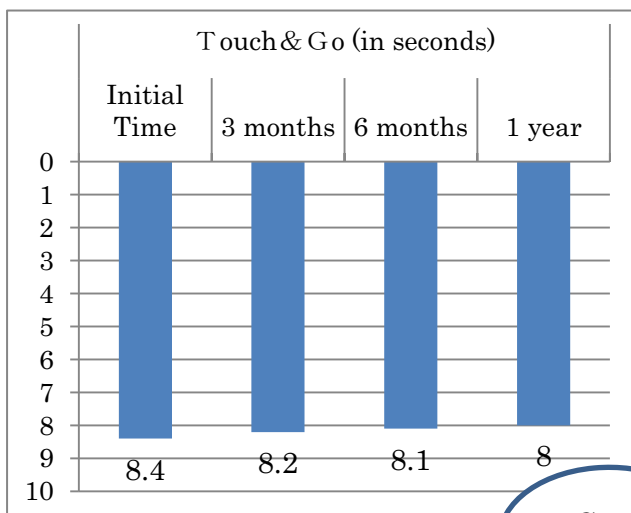
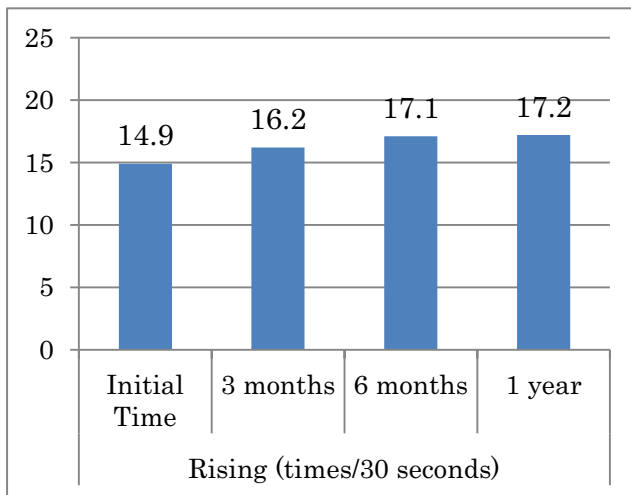
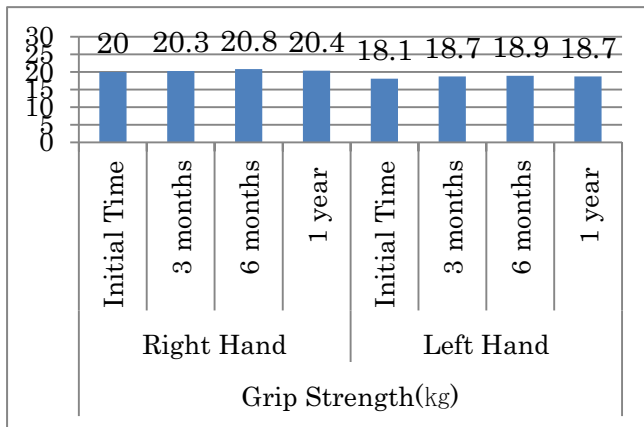
Result of health check-ups of 226 people in 37 groups (age 51 to 94) continued exercise for 1 year:



エイジフレンドリーシティ宝塚  
Age-friendly city Takarazuka

Could rise 3.8 times more  
and  
“Touch & Go” shortened by  
0.7 seconds

These are the result focused on people over 80 years old.  
 (59 people out of 226)



Could rise 2.3 times more  
 and  
 “Touch & Go” shortened by  
 0.4 seconds