

Shizo~ka Denden Workout

Raise your arms! Raise your legs! Raise your spirits!
These exercises are performed repeating 6 different movements slowly. There are sitting and standing versions.

Shizo~ka Denden Workout



Doing it with friends

Preemptive care that builds slowly and steadily, working together by talking with one another, encouraging one another to gain better results than if you were doing it alone.

The 5 Components of Preemptive Care

Shizo~ka Chakichaki Exercises

A program to revitalize the brain with finger and oral exercises, and arm and leg coordination. It's also effective for preventing falls!



"Happy" Smile Oral Exercises

An exercise menu including the salivary gland strengthening massages and prevention of aspiration pneumonia by strengthening the swallowing functions. Let's make a lively smile full of vitality!

Let's Begin! "Happy Smile" Oral Exercises

Effects

- I** mprovement & Prevention of Choking
- S** alivary secretion acceleration
- S** mooth pronunciation & Articulation
- L** ively expression

Nutrition

Staying conscious of the "Ichiju Sansai" meal composition (A simple meal with miso soup, a bowl of rice and another simple dish), we recommend the volume of vegetables and protein to be the size of the palm of your hand.

Participants' voices



Thanks to the workout, my legs and back are stronger and walking has become fun. Also, it's great to be able to do it with others, in a fun atmosphere.



Friends invite other friends so I have been interacting more with people in my community. Everyone is more proactive and livelier.



I was able to feel the results as I continued, so I always look forward to the measurement outcomes. We use our voices, move our hands and arms, and use our heads to activate our brains.

About the Program

What is a Self-learning Group?

It is a group (of five or more people) who show an intention to work on Shizuoka City's preemptive care exercise workout "Shizo~ka Denden Workout" or "Shizo~ka Chakichaki Exercises" at local community halls, etc. that engages in activities at least once a week on a regular basis with the aim of maintenance and improvement of mental and physical function and watching over each other.

What is an Open Space?

It is an activity space that provides organizations with a base for preemptive care activities such as the "Shizo~ka Denden Workout", etc. for residents to be held regularly at least once a week with the aim of maintaining and improving the mental and physical functions of participants, prevention of becoming socially withdrawn, the revitalization of communities, improvement of facility utilization, contribution to local communities, etc.



Instructors

Instructors have professional knowledge on preemptive care; they regularly go to bases of the program to provide support and advice. They principally give advice on how to do the exercises and evaluate the mind and bodily functions, providing an all-around support to be able to continue (daily) activities.

Q & A

Q I want to start an exercise program in my local area. What should I do?

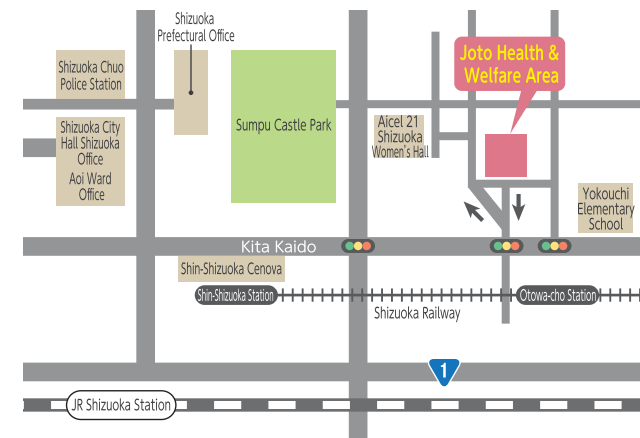
A We can introduce you to self-learning groups and open spaces. We also recruit learning groups of people doing the activity with their friends. For more information please contact the Community Rehabilitation Center.

Q Is it okay to only do the exercises once a week?

A Doing the exercises once a week allows you to maintain your health. It is not about doing it every day, but combining days doing the exercises and days to rest your body. Doing it 1 or 2 times a week produces optimal results.

Q I would like to do the gymnastics at home. How do I go about it?

A The DVDs can be borrowed at the municipal libraries, etc. for 2 weeks at a time.



Inquiries:

Community Rehabilitation Center
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Health Welfare & Longevity Bureau
Shizuoka City
Joto Health & Welfare Area (2F1)
24-1 Joto-cho, Aoi-ku,
〒420-0846 Shizuoka City TEL.054-249-3182



City of Shizuoka



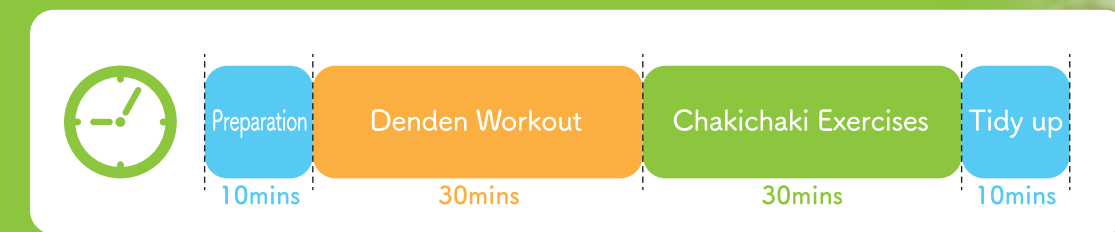
Shizo~ka Denden Workout



Let's start practicing preemptive care.

I protect my own health! Everyone wishes to continue staying in their own home, in good health in the neighborhood that they're familiar with. As people grow older, their physical strength declines and the risks of falls makes them anxious; to solve these sources of anxiety, we recommend starting preemptive care early! We organize group workouts made to increase muscle strength, stimulate brain activity and better oral cavity function. How about making that first step to maintain your health?

Schedule



What to Expect

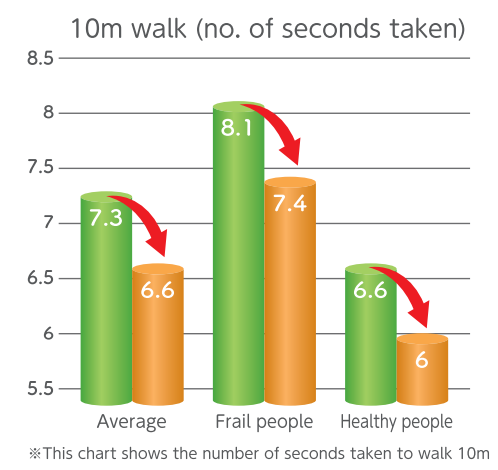


<p>Reception</p> <p>"Good morning" "Nice to see you again/I'm here again", smiles are the barometer of health!</p>	<p>Measurements</p> <p>Your body measurements (muscle mass, basal metabolism, etc.) are taken every 6 months to see the results of the workout.</p>	<p>Greetings</p> <p>"Let's do our best today as well!" You have to work on maintaining your own health. Get ready to enjoy the workout with your friends.</p>	<p>Denden Workout</p> <p>Practice 6 different movements while seated on a chair. Weighted pads are attached to your legs and arms and we repeat the movements slowly, without straining ourselves.</p>	<p>Chakichaki Exercises</p> <p>Use your arms and legs to improve brain activity. It's okay if you can't do it, let's all have fun together!</p>	<p>Tidying up</p> <p>Everyone tidies up the chair and arm/leg bands they used during the workout. Helping each other is the secret to keeping active.</p>	<p>Return home</p> <p>"We did our best today as well!" "Let's meet again next time", we return home as we communicate with friends.</p>
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The positive effects of preemptive care

By participating in the Shizo~ka Denden Workout once or twice a week with weighted bands, you will see an improvement in muscle strength. Moreover, the Chakichaki exercises will help stimulate brain activity, and you can expect great results such as better memory, attention and planning skills. Regular participation in the workouts will allow a regular daily rhythm and the participants reported other benefits such as "increased muscle strength in the legs", "climbing and descending stairs has become easier", "knee pain has been relieved to some extent". It is also a perfect occasion to make new friends and have fun together all the while becoming healthier.

Results for people doing workouts once a week for 6 months



Shizo~ka Denden Workout with weights



This class held once a week, with the slogan "I make efforts to maintain my own health" can be attended with friends at community centers. The workout is done seated on a chair, where you practice 6 different movements slowly, designed to strengthen the main muscles used most in daily life (arms, shoulders, abdominal, thighs).

Shizo~ka Chakichaki Exercises



This exercise consists of three activities ①Finger exercises ②Mouth movement exercises ③Arm and leg coordination exercises. Called the "Chakichaki Exercises" it stems from the Japanese words "tekipakito/tegiwayoku" which mean "efficiency and dexterity". By having fun using your brain, we hope to help you stay healthy and moving for as long as possible!