

Key Points for Physical Activity for Adults

—SW10 and BK30 for Wellbeing: 2025 Edition—



Let's move our bodies a little more than we do now!

The aim should be at least 60 minutes (8,000 steps) of physical activity daily.

Start with 10 min and gradually increase the amount of activity to prevent stroke, heart disease, type 2 diabetes, cancer, falls and fractures, locomotive syndrome and prolonged bed rest.

Health and Labour Sciences Research Group



Let's make a little switch from an inactive life to an active life, or from an active life to a more active life

Start with increasing your physical activity by 10 min and decreasing your sedentary time by 10 min!



Break up the time you are sitting still periodically

For example, every 30 min, get up and move your body for 3 min.

Four key points for Wellbeing

1 Are you leading an inactive lifestyle?

First, reduce inactive time by even 10 min



Has an inactive lifestyle where you don't move around much become the norm?

Switch from an inactive lifestyle to an active lifestyle!

2 Be a little more active!

Be active at home, work, or commuting



Increase steps and time spent active by 10%!



Be active in your daily life!

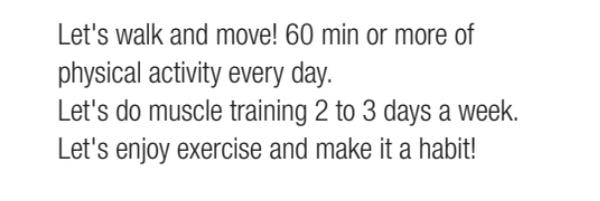
SW10 to a more active lifestyle with simple efforts!

3 Be more active!

Aim for at least 8,000 steps every day!



Muscle training at home or at a sports facility is also effective!



Let's walk and move! 60 min or more of physical activity every day.

Let's do muscle training 2 to 3 days a week.

Let's enjoy exercise and make it a habit!

4 Break up the time you spend sitting still!

For example, move your body once every 30 minutes



Are you spending long periods of time in the same position? Be careful not to sit for long periods of time, and move your body even a little.

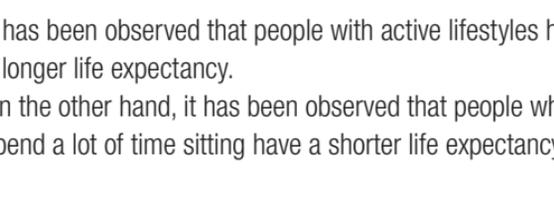
Let's move our bodies a little more than we do now!

Switch Ten and Break Thirty for Health Promotion

The step count keeps decreasing for Japanese people, and they spend a large amount of time sitting.

Cars for transport, automation for life

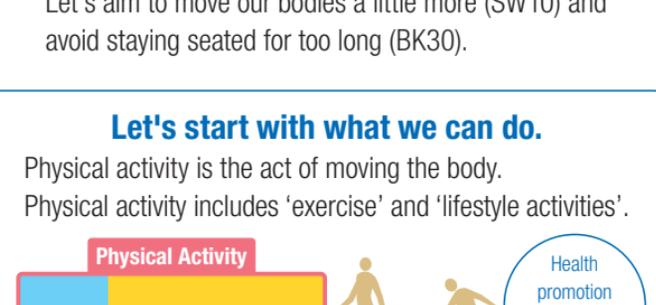
Sitting still at the computer at work



It has been observed that people with active lifestyles have a longer life expectancy.

On the other hand, it has been observed that people who spend a lot of time sitting have a shorter life expectancy.

Therefore



Let's aim to move our bodies a little more (SW10) and avoid staying seated for too long (BK30).

Let's start with what we can do.

Physical activity is the act of moving the body. Physical activity includes 'exercise' and 'lifestyle activities'.



Even if you can't exercise, you can improve your health if you move your body consciously in your daily life.

For your safety

If you move your body in the wrong way, it can lead to unexpected accidents and injuries, so you need to be careful.

- ✓ Gradually increase the amount of time and intensity of physical activity.
- ✓ If you are not feeling well, don't push yourself.
- ✓ If you are ill or in pain, consult a doctor or health fitness instructors.