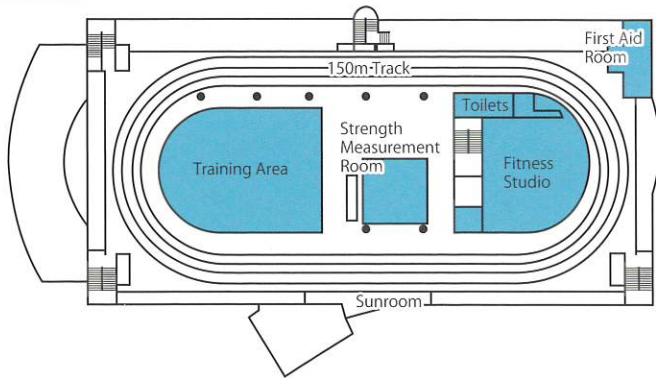


Floor Guide



3F

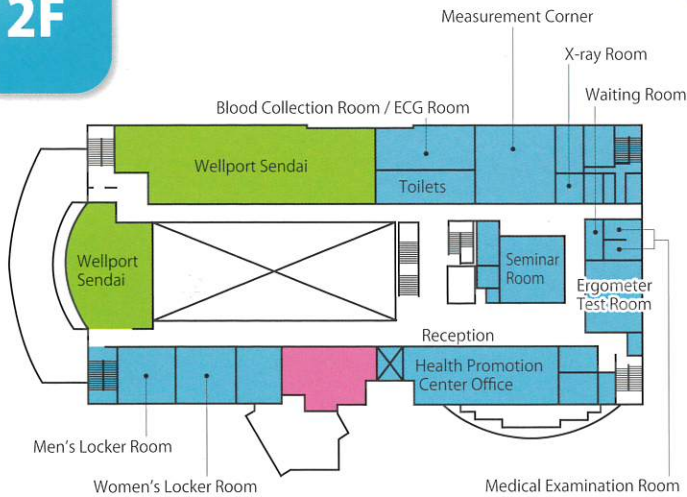


3F
Exercise
Equipment

3F
Fitness
Studio



2F

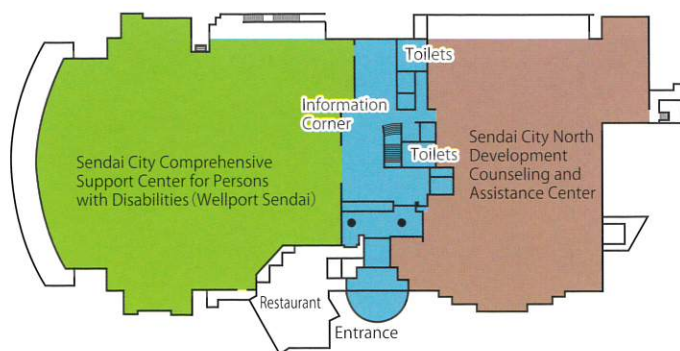


150m
Track
(3 lanes)



2F
Ergometer
Test Room

1F



2F
Health Promotion
Center Reception



1F
Information
Corner



Our Goals

The Health Promotion Center provides professional support for healthy living with a focus on three main goals.

① Preventing lifestyle-related diseases

② Preventing the need for nursing care for the elderly

③ Promoting the health of persons with disabilities

Preventing lifestyle-related diseases

We hold courses on the prevention and reversal of lifestyle-related diseases and support awareness and action to prevent their onset and progression.



Preventing the need for nursing care for the elderly

We hold exercise classes for the elderly with the goal of extending the years of healthy life and support awareness and action among the elderly and their families and communities to prevent the need for nursing care.



Promoting the health of persons with disabilities

We support awareness and action for healthy living among persons with disabilities as well as their families and caregivers through workshops, facilities and activity groups.



Using our facilities

We provide a place to take action for healthy living, with training machines and facilities that are easy for everyone to use, including the elderly and persons with disabilities.

○ Please see the Facility Guide in this pamphlet for information about using our facilities.



Staff training

We train instructors and assistants in knowledge and skills for promoting citizens' healthy living and preventing the need for nursing care.

Community development

In order to promote healthy living in the communities where citizens live their daily lives, we cooperate with related organizations and facilities to encourage awareness and action.

Research and development and the gathering and provision of information

We analyze our programs, develop tools and collect information, and provide the results to citizens, related organizations, and caregivers.

● Our classes are announced in our newsletter, the Sendai City Newsletter, and on our website.

<http://www.senkenhuku.com/shpc/>

Healthy Living Support Programs

Process of creating a support program

We draw up a personalized healthy living support program suited to each individual's goals and circumstances, and provide support in its implementation.

Application

You must be at least 18 years of age to apply.

Please apply over the phone or in person at least two weeks in advance. When you apply, please choose a graded health test course.

An advance consultation will be held if deemed necessary.

Implementing the program

We support you as you carry out the program.

Checking on your progress

After creating a support program, we support you in achieving your goal with consultations, phone calls, letters, and e-mails every 1, 3, and 6 months.

Graded health test

Through interviews and measurements, we establish your current condition, including your lifestyle, physical fitness, and eating habits.



※Ergometer test

Creating a support program

Based on the results of the graded health test, we work with you to create a support program by setting a goal and a plan for achieving it.



Graded Health Test Guide

※Results from health exams such as the Tokutei Kenkou Shinsa (specific health checkup) and Shokuiki Kenshin (workplace health examination) are required for the Comprehensive Course. Please contact us if you do not have results from one of these tests and would like to take blood and urine tests at the Center.

※Please contact us if you have any questions.

Comprehensive Course

Includes an ergometer test. We will support you in creating a program for healthy living based on personal exercise guidelines.

Simple Course

A course for those who would like to check on their state of health based on their eating habits and physical fitness.

Physical Fitness Course

A course for those who would like to know more about physical fitness including strength, exercise, etc.

Diet Analysis Course

A course for those who would like to improve their eating habits.

Fee	5,000yen	3,000yen	2,000yen	2,000yen
Time required	About 4 hours	About 3 hours	About 3 hours	About 3 hours

Course Components

Body Measurement (body composition analysis, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical Examination (blood pressure, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Resting ECG	<input type="radio"/>			
Chest X-ray	<input type="radio"/>			
Ergometer Test	<input type="radio"/>			
Physical Strength Measurement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Lifestyle Interview	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical Fitness Interview	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Eating Habits Interview	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
Creation of a Support Program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>