

# WELLNESS WALKING IN JAPAN

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JWWA

Japan Wellness Walking Association



41<sup>st</sup> Annual National  
Wellness Conference

SPOTLIGHT ON  
SUSTAINABILITY

Setting the Stage for a Lifetime of Wellness

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# Introduction

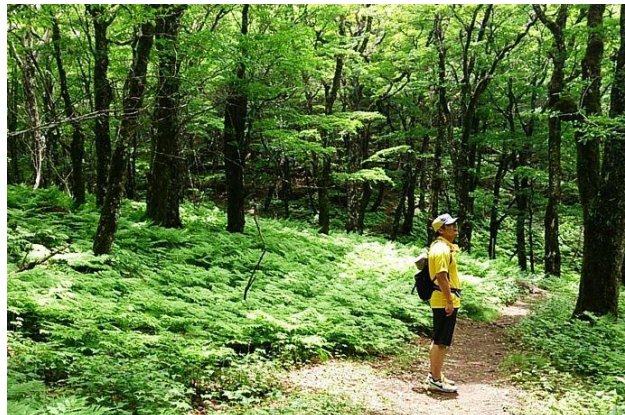
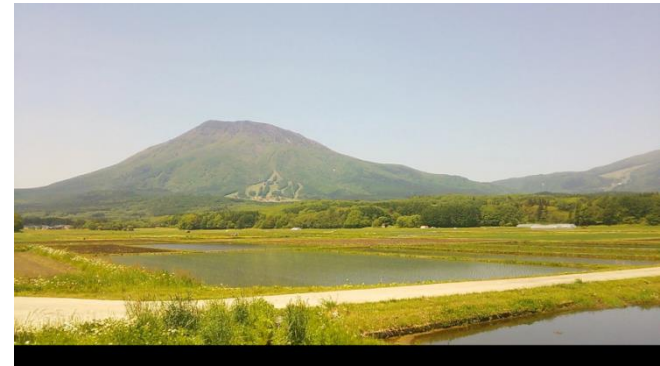
- Exercise walking is one of the most popular exercises in Japan. It is accepted that the exercise walking is effective in improving a person's physical and emotional dimensions of wellness.
- Recently we have developed 'Wellness Walking', a new style of walking that incorporates the more dimension of wellness.
- In this presentation We will explain what is wellness walking and report briefly on the activities of Japan Wellness Walking Association.





# What is Wellness Walking?

A Group walking that incorporates the four out of six dimensions of wellness and elements of Nordic walking, countryside or town walking, forest bath and meditation.





# Typical Wellness Walking at countryside



Registration & pre-measurement of blood pressure



Warming up



Main exercise:  
Wellness Walking



Meditation



Arm bath or  
water immersion of arms



Cooling down & post-measurement of blood pressure

# Wellness Walking Course in town

## Wellness Walking in the morning

length: 2km

Where: At the park next to Kobe Portopia Hotel in Kobe City

When: Every first Wednesday morning (7:30-8:20) a month

From 2014 July to present

Instructors: Junior year students of Kobe Yamate University

Participants: Hotel guests and Neighborhoods

Number of participant: over 300 people in 2015

Entry fee: free of charge





# Wellness Walking in countryside

**Where:** Shinano-machi Nagano Prefecture

**When:** Every Saturday afternoon and Sunday morning

**Length of course:** 3.5km

**Fee:** 5\$ for residence, 10\$ for people from outside the city

**Instructor:** certified



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# Japan Wellness Walking Association



Japan Wellness Walking Association



**Established in 2015 with aim of to spread Wellness Walking in Japan.**

**Main staffs:**

- **Adviser: Yasuaki Nozaki**
- **President: Noriyoshi Nishimura**
- **Vice-president: Shinji Mizumura**



At the John's & Jana's house



# Japan Wellness Walking Association



JWWA

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## Mission

To serve the professionals and organizations that promote optimal wellness walking in individuals and communities.

## Vison

To improve QOL and hopefully extend healthy life expectancy of Japanese people by Wellness Walking.

## Business

- Holding Wellness Walking Instructor and leader training seminar
- Developing Wellness Walking courses
- Holding Wellness Walking seminar
- And others



# Japan Wellness Walking Association

- 1 certified Instructors and 98 Leaders from 6 training seminars
- 43 wellness walking courses in 3 Prefectures



# Japan Wellness Walking Association

For further information please visit our web site or FB page!

Web site: <http://www.wellness-walking.org/>

FaceBook Page:

<https://www.facebook.com/%E6%97%A5%E6%9C%AC%E3%82%A6%E3%82%A8%E3%83%AB%E3%83%8D%E3%82%B9%E3%82%A6%E3%82%A9%E3%83%BC%E3%82%AD%E3%83%B3%E3%82%B0%E5%8D%94%E4%BC%9A-1113001945411696/>

**Thank you for attention!**



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