

Healthy Lifestyle Checklist

How many boxes can you check? 13~14 : Good job! Keep going! ☺ 8~12 : Take one more step! ☺
Below 7: Raise your score by following the tips on this page ☺

Meals

Have breakfast every day
Skipping one meal could lead to overeating in the next, resulting in an abrupt rise in blood sugar level that causes diabetes or obesity. **Adjust your rhythm of life and make it a habit to eat breakfast!**

Start with eating vegetables every meal
Make sure to eat vegetables in your 3 daily meals, **and to start your meals by consuming vegetables.** This will effectively help avert overeating, slow down blood sugar level increase, and prevent the onset of lifestyle diseases.

Consume 350 g of vegetables per day
Examples

Miso soup full of veggies, Salad
Boiled seasoned vegetables,
Half a tomato, Simmered vegetables
1 vegetable dish (70g) × 5 = 350g



☞ Find out recipes that are easy to make!

Exercising

Try to walk everyday
Always try to walk 10 more minutes (1000 steps) every day to stay active and to prevent lifestyle diseases.

[Number of Steps to Walk Each Day]

Between 20 ~ 46 years old	Male	9,000 steps
	Female	8,500 steps
Above 65 years old	Male	7,000 steps
	Female	6,000 steps

健康日本 21(第二次)より

Exercise over 150 minutes a week
Exercising helps to reduce visceral fat: it is said that 150 minutes of physical exercises per week effectively reduces visceral fat by 1% each month

• **Health Walking Classroom** (健康ウォーキング教室)



Resting

Sleep more than 6 hours per night
If you sleep less than 6 hours per day, you might see a decrease in work efficiency, an imbalance in the autonomic nervous system and a disruption in hormone secretion. These are catalysts of diabetes, hypertension, and heart diseases.

Reserve time to de-stress
 Send positive vibes to my family / neighborhood / workplace
 Be mindful of my mental health

• **Counselling Services** (心の健康相談)

Quit smoking

Do not smoke or challenge myself to quit smoking
 Do not let other people or myself be exposed to secondhand smoke

Tips on How to Quit Smoking (search online)
全国禁煙外来・日本禁煙学会

Health Checkups

Attend the Special Medical Checkup
Going to medical checkups helps us to notice changes in our body as so to prevent us from developing serious conditions. After being notified by your health insurer, please follow the instructions and attend medical checkups accordingly.

Review lifestyle habits after your health checkup

Reviewing lifestyle habits and going to the appropriate appointments will effectively prevent conditions such as diabetes, hypertension, dyslipidemia, and kidney and liver diseases from worsening.

If you are at high risk of developing lifestyle disease, you can receive specific health guidance to improve your lifestyle habits.

- **Specific Health Checkup**(特定健康診査) (Takaoka City National Health Insurance)
- **Specific Health Guidance**(特定保健指導) (Takaoka City National Health Insurance)
- **Health Consultations** (健康相談)

Toyama Gosei Region Health Portal “Karadanavi”

If you enter your health check results (blood data) on this website, you will see an individualized list of health advice.



Health Checkup

Attend cancer screening
If detected and treated early, 90% of cancers are curable. It is important to attend cancer screening regularly.

If you are notified of a complete checkup, please make sure to take it.

• **Lung (Pneumonia), Gastric, Breast, Prostate Cancer Screening**

(肺(結核)・胃・大腸・子宮・乳・前立腺がん検診)

If you cannot get cancer screening tests through your workplace's health insurance, you are eligible for Takaoka City's cancer screenings. Consult Takaoka City's homepage



Attend regular dental checkups

Gum disease is a type of lifestyle disease from which 80% of adults suffer. **Attention at home and regular dental checkups are both indispensable to the prevention of gum disease**

• **Gum disease checkup at 40/45/50/55/60/65/70 years old** (40・45・50・55・60・65・70歳の歯周病検診)