

Keeping a Healthy Lifestyle

健康づくり市民行動目標

Takaoka City's Top 10

健康たかおか◎10か条

Recommendations

No.1

Let sunlight and a breakfast help start your day!

朝食と朝の光で、やる気スイッチON

No.2

How to start a meal?
Vegetables first of course!

何から食べる？野菜でしょ！



No.3

Walk 10 more minutes today!

プラス10分！今より歩こう



No.4

Even if you can't work out every day,
a total of 150 minutes per week will
do the trick!

毎日なくても、週合計150分の運動でOK!

No.5

Take care of your teeth by going to
the dentist regularly

かかりつけ歯科医で定期的に歯科検診



No.6

Sleep more than 6 hours every night
and de-stress when you can

睡眠時間は6時間以上確保、
ストレス解消に心がけよう



No.7

Greet your family / neighborhood /
workplace with a smile!

How are your spirits today?

家族で・近所で・職場で元気にあいさつ
あなたの心 お元気ですか？

No.8

Live without cigarettes and
avoid secondhand smoke

禁煙にチャレンジ&タバコの煙を避けよう



No.9

Cancer screening is for yourself and
your beloved

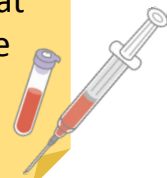
あなたとあなたの大切な人のためにがん検診を！



No.10

Specific Health Checkup starting at
40 years old. I know my average
blood sugar levels!

40歳になったら毎年受けよう特定健康診査...
知ってるよ！わたしの血糖値・HbA1c



Recommendations for Takaoka Citizens

高岡市民の健康状態を踏まえたおすすめ！

Starting from what you can!
できることから始めましょう！

10 Habits for a Healthy Long Life

健康寿命を延ばす10の習慣

Takaoka City Health Promotion Section

高岡市健康増進課

