

WELLNESS WALKING IN JAPAN

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JWWA

Japan Wellness Walking Association



41st Annual National
Wellness Conference

SPOTLIGHT ON
SUSTAINABILITY

Setting the Stage for a Lifetime of Wellness

JUNE 27-29, 2016 • ST. PAUL, MINNESOTA

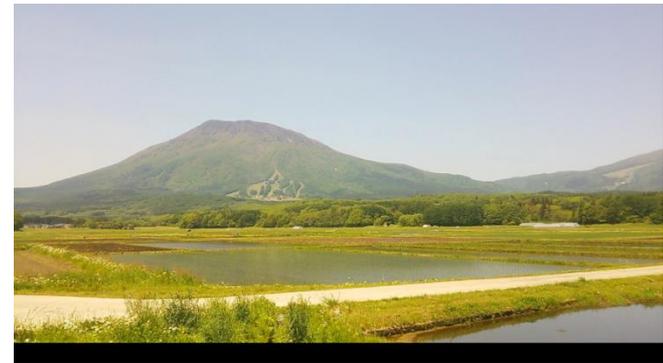
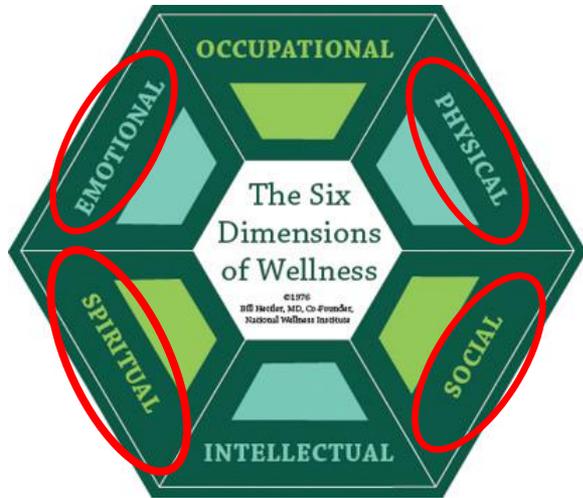
Introduction

- 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



信濃町ウエルネスウォーキング_2015.10.6-



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

Japan Wellness Walking Association



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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