

Evidence for and Details of the Japan Health Promotion Strategy Focusing on Physical Activity

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Over the last two decades, many epidemiological studies have identified inadequate physical activity to be one of the major risk factors for non-communicable diseases and aging. Health promotion policy and strategies have been developed in Japan and many other countries, based on epidemiological evidence. Therefore, in this paper, epidemiological evidence on exercise and physical activity in middle aged and elderly people has been reviewed and health promotion policies and strategies involving exercise and physical activity in Japan have been summarized.