

Chizu Town, Tottori Prefecture

Health promotion and prevention of long-term care through video call at home

Introduction exercise that can be done at home to prevent disuse syndrome caused by refraining from exercise outside

All residents

- Long-term care prevention at home
- Health promotion
- Safety and health confirmation of older persons
- Digital devices for information

The *Kayoinoba* (the Forest Mini Day Service Center) has been closed because of the COVID-19 pandemic, causing older persons to lost their meeting and relaxation spot. Consequently, the town office broadcasted calisthenics for health promotion and long-term care prevention. In addition, calls were made to members of *Kayoinoba* to check on their health conditions for the prevention of the COVID-19.

Response from residents

- The target included not only older persons but also all residents.
- Calisthenics were broadcasted through TV call devices that were distributed to more than 90% of residents from the city government.
- Still images were used so that older persons do exercise while watching the screen.
- Members of *Kayoinoba* were called on or visited. They all people appreciated it and once again realized the importance of communication/interaction.

筋力アップトレーニング ～かかと上げ編～



ふくらはぎを意識して4秒間かけてかかとをあげて、4秒間かけて元に戻す

問い合わせ先: 智頭町保健センター 975-4101

筋力アップトレーニング ～もも上げ編～



①4秒間かけて膝を踵に近づける。同時に上体をかかめる。
②4秒間かけて元に戻す

問い合わせ先: 智頭町保健センター 975-4101

筋力アップトレーニング ～スクワット編～



4秒間かけて膝を落とし、4秒間かけて元に戻す

問い合わせ先: 智頭町保健センター 975-4101

筋力アップトレーニング ～ひざ伸ばし編～



①太ももを意識して4秒間かけて足と床と平行にする。
②4秒間かけて元に戻す

問い合わせ先: 智頭町保健センター 975-4101