

## Tenri City, Nara Prefecture

# Promotion of exercise at home and prevention of dementia

Exercise which can be done in line with the sequence from waking up to going to toilet, and video streaming of the exercise

All residents, Target persons of watching over from after

- Prevention of frail
- Prevention of dementia
- Video streaming

- Became possible personal lending DVD of exercise (STEP Exercise) for prevention of long-term care to target persons of watching over from after in order to prevent frail by refraining from going out.

- Also broadcast video streaming of exercise through internet in order to spread the video widely.
- Made leaflet on the dementia prevention and distributed it.

- Personal lending the DVD of STEP Exercise to the target persons of watching over from after for the prevention of frail.
- Edited video of STEP Exercise within 7 minutes so that the people watch easily.
- Explained essence of the dementia prevention for easy understanding
- Trainer of lesson of long-term care prevention explain the exercise which can be done in line with the sequence from waking up to going to toilet. <https://www.youtube.com/watch?v=QS-SGb1xARM>



<https://www.youtube.com/watch?v=IBvuaJO3KAo&t=252s>