

Eight Interconnected Domains of the Age-friendly City

- Outdoor Spaces and Buildings
- Transportation
- Housing
- Social Participation
- Respect and Social Inclusion
- Civic Participation and Employment
- Communication and Information
- Community Support and Health Services

Kanagawa Prefecture participates in the WHO Global Network for Age-friendly Cities and Communities as a sub-national Affiliate, supporting the information sharing among municipalities and promoting age-friendly communities.

神奈川県は、市町村間の情報共有や、高齢者に優しい地域づくりを支援するアフィリエイトとして、WHO が推進するエイジフレンドリーシティのネットワークに参加しています。

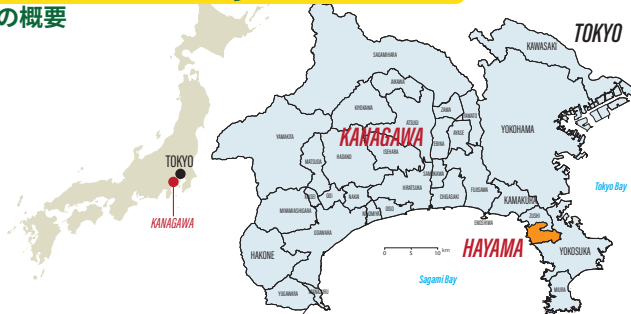
Hayama Town:

“Chokin-Undo” Muscle-Saving Exercise Program

葉山町「貯筋運動」

Overview of Hayama Town

葉山町の概要



The town has a population of approx. 32,000, with an aging rate of 31.9% (as of January 1, 2026). It is rich in natural surroundings. As many new residents move into the town, creating connections within the community has become increasingly important.



人口約 32,000 人、高齢化率 31.9% (2026.1.1 時点)、自然が豊かな町です。転入者も多く、地域とのつながり創出が重要になっています。

Overview of the Initiative

取組の概要

Chokin-Undo is a long-term care prevention project aimed at preventing muscle loss among older people and establishing exercise habits. Local resident groups organize exercise classes and instructors dispatched by the town provide guidance on the exercises and conduct muscle thickness measurements twice a year. The classes also promote community interaction. Participants record their exercises both in class and at home in a “Chokin Tsucho” (muscle savings passbook). Points are awarded based on their recorded exercises and can be exchanged for gift certificates.

Commenced in 2015.

Funding source: National government grants

Related organizations and their roles

- Local resident groups (approx. 30 groups)
 - Hold exercise classes several times a month at community centers, etc.
- Hayama Town
 - Recruits groups to host classes and participants, dispatches instructors, provides gift certificates to participants.
- Hayama Town's contracted service provider
 - Provides professional instruction on exercise methods and conducts muscle thickness measurements.

葉山町の貯筋運動は、高齢者の筋肉量低下防止と運動習慣形成を目的とした介護予防事業です。地域住民団体が体操教室を開き、町が派遣する専門家が年に2回、体操方法の指導や筋厚測定を行います。また教室を通じて地域交流が促進されています。参加者は体操教室や自宅で行った運動を「貯筋通帳」に記録し、ポイントが貯まると商品券と交換できます。

開始年：2015年

財源：国からの交付金

関係機関と役割

- ・地域住民団体（約 30 団体）
 - 月に数回、公民館などで体操教室を開催
- ・葉山町：
 - 教室を開催する団体と参加者の募集、専門家の派遣、参加者への商品券付与
- ・葉山町の委託事業者：
 - 専門家として体操方法の指導、筋厚の測定



2026 MAY											
stretch	chair	up	stretching	side lift	belly	Other exercise		put in	take out	balance	memo
toes	heels	kick	thigh	belly	Activity details	steps					
		✓	✓	✓	walking	8385	400	0	400	120/80	
✓✓				✓	taikyokuken	9742	600	0	1000	105/76	
						4656	0	0	1000	Hangover and rest	
					ground golf	7991	100	0	1100	68kg	
								0	1500	good!	

貯筋通帳 名前: _____

1年記憶版 記帳期間: ____年 ____月 ~ ____年 ____月 ¥10,100



使って貯めよう 筋肉貯筋

Muscle savings passbook

Key Features of the Initiative

取組の特徴

Efforts to establish exercise habits among participants

This initiative is designed so that anyone can easily and continuously participate.

1. Easy-to-Do Exercise Program

The exercise program focuses mainly on strengthening lower-body muscles to prevent falls and fractures. No equipment is required, and DVDs and CDs are distributed to each group, allowing residents to hold classes on their own. Individuals can also practice the exercises at home by themselves.

2. Visualization of Exercise Benefits

The effects and amount of exercise are made visible through muscle thickness measurements conducted twice a year and records kept in a "muscle savings passbook." Participants who significantly increase their muscle mass are awarded a Gold Card (similar to gold medal) in recognition of their achievement, providing motivation to continue.

3. Community-Led Implementation

Hayama Town builds relationships with key residents in each area and encourages them to serve as organizers of the exercise classes. As the classes function as community gathering spaces, they also motivate residents to participate.

1. 取り組みやすい運動

体操は、転倒・骨折の予防のため下肢筋肉を中心に鍛えるプログラムです。器具が不要で、各団体にDVDやCDも配付されるため、住民だけで教室を開催でき、また一人でも自宅で体操に取り組みます。

2. 運動効果の可視化

年に2回の筋厚測定と「貯筋通帳」の記録により、運動の効果と量を可視化します。著しく筋肉量を上げた人にはゴールドカードを付与して称えるなど、参加者のモチベーションが向上する工夫がされています。

3. 地域の住民による開催

葉山町が地域をまわってキーパーソンとなる住民との関係を築き、体操教室の開催者となってもらっています。体操教室が地域のコミュニティの場として機能することで、体操教室へ参加する動機付けになります。



Effects of the Initiative

取組の効果

- Improvements have been observed in lower-body muscle strength, walking speed, and movement speed.
- Approximately 80% of participants who have continued for more than one year show an increasing trend in muscle strength.
- Residents become acquainted with one another through the exercise classes.

- ・ 下肢筋力、歩行速度、動作スピードの向上がみられる
- ・ 継続年数1年以上の参加者の約8割が筋力の増加傾向にある
- ・ 体操教室を通じて住民どうしが知り合いになる

Future Outlook

今後の展望

As the organizers of the exercise classes are aging, there is a growing need for new people to take on leadership roles. Currently, most participants are in their 80s. However, in order to prevent muscle loss, Hayama Town is strengthening its outreach efforts to encourage participation from people in their 60s.

体操教室の担い手が高齢化しているので、新しい担い手が求められています。参加者も現在は80代が中心ですが、筋肉量低下防止のためにも、60代から参加してもらえよう、葉山町は広報に力をいれています。

Voice of Participant

Ms. Noriko NAGASAWA
長澤 紀子さん



I make sure to participate twice a month. I enjoy coming here and seeing my friends. Since I started attending the exercise classes, I have also begun doing radio calisthenics at home in the mornings.

月に2回必ず参加しています。ここに来てお友達に会えるのが楽しいです。体操教室に来るようになって、家でも朝にラジオ体操をするようになりました。

Contact

Muscle-saving exercise:

Welfare Division, Hayama Town 046-876-1111

This material:

Inochi and Future Strategy Headquarters Office, Kanagawa Prefectural Government

045-210-2720

hcnf-gs@pref.kanagawa.lg.jp



Hayama Town Website

問合せ先

貯筋運動:

葉山町福祉課 046-876-1111

本資料:

神奈川県いのち・未来戦略本部室 045-210-2720

hcnf-gs@pref.kanagawa.lg.jp