

**Healthy Living and Exercise for Those in the Prime of Life
– Learning from Successful Examples in the West**

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< Abstract >

In these days, through changes of lifestyle starting with Westernization of diets and living conditions many people even in the prime of life become to feel uneasy of their health by recognizing weakened physical strength and others. Recent launch of the government sponsored special health examination program (so called metabolic syndromes screening) certainly increased awareness of the syndromes in the general public and the numbers of reserves for the syndrome and of those who admit insufficient exercises in daily life are getting bigger and bigger. Many people are interested in potential merits of exercise in order to enjoy healthy living, however, there is not enough information on how and what kinds of approach we should take to engage in exercise and on benefits of fitness program/exercise evidenced by current science.

This symposium entitled “Healthy Living and Exercise for those in the prime of life – Learning from successful examples in the West” was held on December 13, 2011 at Aoyama Diamond Hall in Minato-ku, Tokyo jointly organized by ILSI North America and ILSI Japan. There were about 170 participants in the symposium including ILSI Japan members, Health Fitness Programmers and Health Fitness Instructors. After a series of presentations based on current science by invited lecturers, a panel discussion session was followed by the lecturers and audience on the floor.