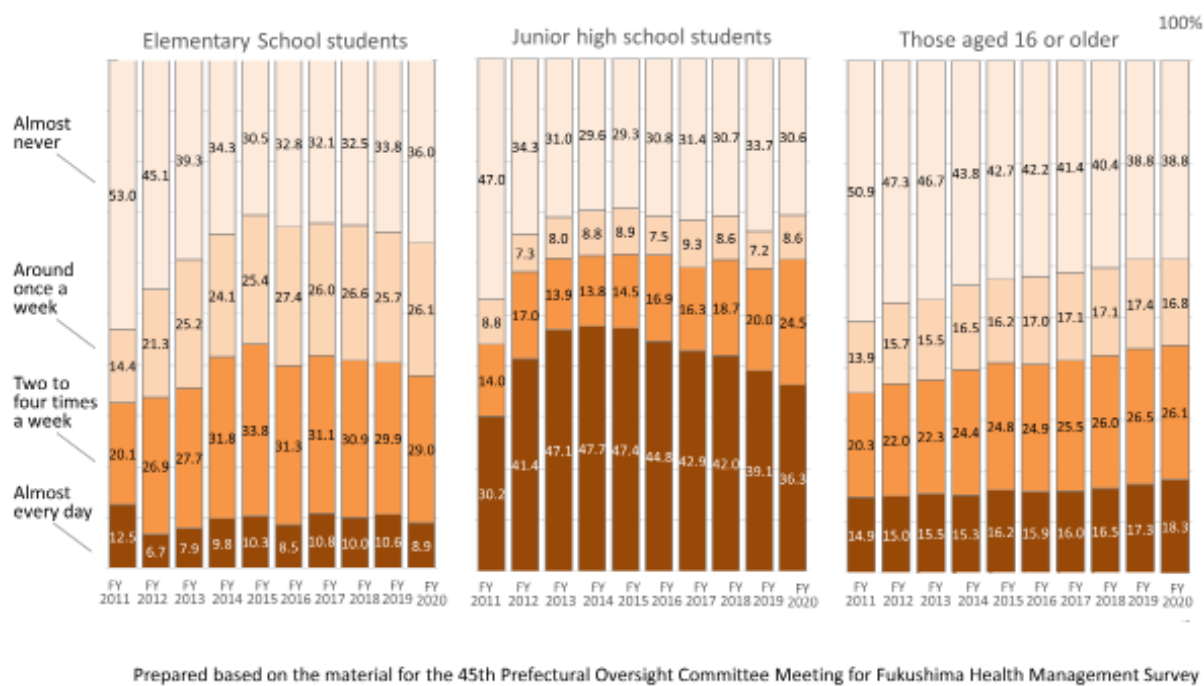


[Percentages concerning daily exercises]



Elementary school students and junior high school students have come to have more chances for exercises gradually since FY2012, showing an improving trend. However, no significant change was observed from FY2016 to FY2020. The frequency of exercise has been increasing gradually among adults (aged 16 or older).

In particular, exercises are considered to exert a significant influence on the growth of elementary school students and junior high school students, and exercise habits are also very important for adults for improving their mental health and preventing lifestyle-related diseases.

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