

Exercise is Medicine in the Land of the Rising Sun



Japan is typically regarded as one of the healthiest countries with the longest life expectancy in the world. One of the by-products of this longevity is that Japan is now experiencing a transition to having one of the oldest populations with nearly 40% of their population 65 years of age and older. The rapid aging of the Japanese society is placing a large financial burden on the universal healthcare system available to all Japanese citizens and has led to an increased focus on strategies that

helps individuals maintain their physical functionality for the older adult population.

In addressing this need, the Japanese Association for Clinical Exercise Therapy & Prevention (JACETP) has taken the lead in establishing better linkages between their health care systems and providers with exercise programs and professionals. At their recent annual meeting in Tokyo (September 2017), hosted by Dr. Fuminori Katsukawa of the Sports Medicine Research Center at Keio University, the topic of “exercise is medicine” was given top billing at the key note lecture followed by leading experts from around the country weighing in on how health care providers view exercise professionals in Japan, and potential strategies for improving collaboration between the two to better impact the health of their patients. Key leaders involved in this panel included Professor Shinji Sato (Osaka Sangyo University), Dr. Yutaka Kimura (President of the JACETP and Professor at Kansai Medical University), and Dr. Ryoichi Nagatomi (Vice Dean of the Tohoku University Graduate School of Biomedical Engineering).

Even more exciting, the executive committee of the JACETP voted to move forward in serving as the host institution for an EIM National Center in Japan. Additional partners that have expressed interest in supporting EIM in Japan include the Japanese Society for Physical Fitness and Sports Medicine, the Japanese Medical Association, and the Japan Health Promotion & Fitness Foundation. We are excited to see the continued development of EIM in Japan and throughout Asia as we add to the success of our current partners in Hong Kong and China.