Preface

Takashi Arao
(Physical Fitness Research Institute, Meiji Life Foundation of Health and Welfare)

Review

Report of the Physical Activity Research of the Japan Arteriosclerosis Longitudinal Study……………… 1

Yoshikiko Naito
(Osaka Medical Center for Health Science and Promotion)

The Fifth Annual Meeting………………………………………………………………………………………… 8

Kiyoshi Kawakubo
(The University of Tokyo)

[Special Lecture]

Methods in Nutritional Epidemiology…………………………………………………………………………… 9

Yoshitaka Tsubono
(Tohoku University Graduate School of Medicine)

[Symposium: Practical Approach for Promoting Physical Activity, from Evaluation to Practice]

Current Aspects on Physical Activity Promotion………………………………………………………………… 13

Yoshio Nakamura
(Waseda University)

A Community-based Approach to Promote Physical Activity Level of the Residents………………………… 17

Jung Su Lee
(The University of Tokyo)

Health Promotion Program in the Work Place ……………………………………………………………………… 20

Michiko Suto
(Wellness Center SONY Co.)

What Is the Challenge Day: Its Outline and Impact……………………………………………………………… 25

Shiro Sato
(Sasagawa Sports Foundation)

Approach Based on Behavioral Science for Promotion of Physical Activity and Exercise…………………… 32

Koichiro Oka
(Tokyo Metropolitan Institute of Gerontology)

<CONTENTS> RESEARCH IN EXERCISE EPIDEMIOLOGY VOL.5
[Original Article]

Number of Steps in A Day, Cardiorespiratory Fitness, and Life-style Related Diseases in Japanese Men: A Prospective Study: Tokyo Gas Study ......................................................... 40

Susumu Sawada
(Tokyo Gas Health Promotion Center)

Relationship between Daily Walking Activity and Risk Factors for Lifestyle-related Disease in Ajinomoto Co., Inc ................................................................. 45

Yukiko Naganuma
(Ajinomoto Health Insurance Association)

The Association between Visceral Fat and Cardiovascular Fitness in Metabolic Fitness of the Patients with Glucose Intolerance ......................................................... 50

Mayumi Nagano
(Kyushu University)

Development of the Walking Program Including Behavioral Intervention .......................... 58

Noriko Takeda
(Waseda University)

Cross-sectional Study on Physical and Mental Factors for Falls with Some Injuries in Community-based Elderly Population ......................................................... 66

Tomoko Hatayama
(Kyushu University)

R/E/P/O/R/T

The Third Seminar of Exercise Epidemiology ................................................................. 73

Information