

 <p><b>Mayor Maruyama, Koichi</b></p>	<p><b>Nishitokyo City</b></p>  <p><b>西東京市</b></p>	<p>City data as of the April 1, 2016</p> <ul style="list-style-type: none"> <li>- Population: 199,297</li> <li>- Household: 94,017</li> <li>- Area: 15.75 km<sup>2</sup></li> <li>- City Flower: Azalea , Sunflower, Cosmos , Daffodil</li> <li>- City Tree: Keyaki, Dogwood</li> </ul>
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#### ◆ Outline of Nishi-Tokyo City

Nishi-Tokyo City was established on the 21<sup>st</sup> of January 2001 by merger of old Tama City and former Hoya City as urban city type amalgamation that had ever pioneered in Japan..

After new city being established, there were four major projects that had prioritized in the New City Development Plan had been successfully implemented Such as development of Nishi-Tokyo Recreation Park, Operation of community bus called as” Hana Bus “, promotion of regional information system, urban development around Hibarigaoka Railway Station .

Also as Nishi-Tokyo City has enacted Citizens Participation Law that was pioneered in Japan, urban development has been made positively through citizens’ participation. .In the year of 2011 that is 10th Anniversary, Nishi-Tokyo City Mascot "Ikoï" literally mean relaxation be created that continues to aim at further development to be a full of charm.

#### ◆ Declaration of Healthy City public declaration

Nishi-Tokyo City declared on the occasion of 10<sup>th</sup> anniversary that is aiming at healthy city where “each persons are brightening and helping each other” that everyone helps for themselves and work together as public common desires looking from both sides of "person" and "environment". Five goals to be achieved in the Declaration such as "to understand own health" "food and nutrition" "physical exercise and sports" "mental soul and relaxation ” “ study and creation “. and The second Health Promotion Plan be prepared for the period of 2013 to 2022 should succeed the idea. Also, Second Food Education Plan( Period 2014 to 2018) was made for aiming at realization of the affluent city be interwoven with healthy diet".

#### [Nishi-Tokyo Healthy City Declaration]

Our wish is that each one of us can lead brightening lives familiar with greenery and going out anywhere safely and in physically and mentally good health. For this end, we do maintain our health throughout the lifetime as the principle that our own health must build by ourself August, 2011 Nishi-Tokyo City

- \*enjoy comfortable lives
- \*enjoy food lives by taking vegetables locally available
- \*enjoy lives with physical exercise and sport
- \*enjoy peaceful lives by taking rest properly
- \*enjoy creative lives by learning nearby

### Art appreciation by dialogue

Citizens Volunteer "Look at Art" visit elementary school, to perform "art appreciation by dialogue". Art helps to develop ability of observation, thinking and communication. This project is for 4 grade students of 18 elementary schools this year.



### Academy of agriculture

Citizens are able to contact with farming where events is going to advance for people feels attractiveness of urban farming on the Project "to build the city enabling coexistence of farming and urban life" In the Academy of Farming" children at elementary and pre-school could experience Planting and harvesting.



### Designated historical site Shitanoya site

"Shitanoya ruins "large town in middle of Jomon Period was designated as a national historical site that is invaluable to preserve as local culture heritage in March 10, 2015. In Shitanoya Ruin Park, Events be held to be able to experiences Jomon-Period and dissemination activities in cooperation with citizens be carried out actively.



### Nishitokyo Exercise

Original Physical Exercise on Legs strength and general flexibility, improved the balancing ability is developed to practice with Nishi-Tokyo City Song "I like very much Nishi-Tokyo", There is version of using sitting or chair and of intensifying strength (for adult and children each version) available and be also used by incorporated with leader training and athletic meeting in schools.

The project to collaborate with study of Waseda University was started from 2015.

Nishitokyo City's web site:  
<http://www.city.nishitokyo.lg.jp>