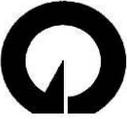


 <p>Mayor Suzuki, You</p>	<p>Chiba Prefecture</p> <p>Noda City</p>	<p>City data as of April 1, 2016</p> <ul style="list-style-type: none"> - Population: 155,134 - Household: 65,405 - Area: 103.54 km² - Symbol flowers: Azalea - Symbol wood: Zelkova tree - Main products: Soy sauce, green soybean, rice cracker - Main festival: Cherry Festival (April) Portable Shrine Parade (July) Summer Festival, Star Festival (August)
 <p>Noda city chapter</p>		

●Introduction

Noda City is located in the middle of Kanto Plain, northwestern Chiba Prefecture. City is blessed with natural environments with Tonegawa River in east part, Edogawa River in west part, and Tone Canal in south part. This area took advantage of grace of water since ancient time. Northern part developed as a hallway to metropolitan Edo and gateway, whereas southern part has been developed with soy sauce brewing industry which has supported food culture of Edo-Tokyo Metropolitan Area. With such nature, history, and culture developed in harmony, there exists many sight and historic places.



Stork: symbol of symbiosis with nature



Portable Shrine Parade

●Healthy City

Noda City started Healthy City Project in April, 2006, in order to propel health promotion of not only elderly person but those of middle aged, responding to the amendment of Care Insurance System. This project mainly has two goals, that are proactive preventive care before senile state and health promotion supported citizens each other; and city carries out such projects as health promotion class, smart diet class, full of energy class, development of human resources for preventive care supporter, etc.

From 2012, city has carried out the follow up of citizens who completed the diet class, exercise class, and brain activity measurement for elders in order to improve quality of everyday life. As a part of these projects, city introduced original Noda City Green Soybeans Exercise for preventing care and promoting health. For every

citizens to feel familiar with Noda City with joy, this exercise introduces such movement as “harvesting bean” and “grabbing bean”, and the city distributed DVD and CD for dissemination. In response to the request from the council of social welfare, clubs of the aged, city send members of exercise planning committee, supporters of care prevention, and city government’s staffs as instructors.

●Noda City Green Soybeans Exercise

It is built up from 3 keywords. And, there are 10 basics movements.

The 1 ⇒ Everyone regardless of their age can perform.

The 2 ⇒ There are two versions, standing and sitting

The 3 ⇒ It leads to preventive long-terms care by strengthening the movement used for normal activities of daily life such as shoulder-balance, twisting, movement of finger and hands, legs up, and walking.



Noda City’s web site:
<http://www.city.noda.chiba.jp>