Seiyo City

Introduction

Seiyo city is located at south of Nanyo, local core of Ehime Prefecture. It is approximately 1 hour from Matsuyama City by car, and has been regarded as the hub of Nanyo area. Variety of nature existed from altitude 0m to altitude 1,400m; and the city is designated as Shikoku Seiyo Geo-park. Geo-park is called Earth Park and people can experience and enjoy variety of nature by "looking", "eating", and "learning" in a tour guided by geo-guide.

Seiyo City’ attractive spot

- Marine area
  Susaki coastal has vertical stripe geological rock with coral fossil of approximately 400 million years ago. There also spreads terraced field of Mandarin orange.
- Village area
  Uwajima basins rural scenery with rice field is spread.
- Mountain area
  Mountain ridge made with limestone range. On sunny day, Bungo Channel can be seen in far distance. There is also primeval beech forests and Katsuragawa Valley, Mitaki Valley. Ryutakuji Temple built in 1323 exists in area of 3,700 basis with deep green with stone pavement. Over here, giant cedar aged more than 300 year stands.

Healthy City

Seiyo City proclaimed “Seiyo City Health Promotion Plan” at the time of amalgamation in 2004, as a basic plan to facilitate citizen’s own health promotion activities comprehensively. After 10 years, city evaluated its progress and proclaimed the 2nd Plan with following objectives.

- Prolongation of healthy life expectancy
- Prevention of lifestyle-related diseases and prevention of its serious condition
- Maintenance and improvement of body function necessary to engage in social life
- Life-long health promotion for mind health
Characteristic program

© Wellness Seiyo Exercise

This exercise was devised as one of the ways to promote the 1st Seiyo City Health Promotion Plan. It is not only for physical exercise, but for oral exercise, too; and both body and mouth are expected to get well. In the exercise song, main products and specialty of Seiyo City is incorporated. CD and DVD are prepared.

Seiyo City’s web site:
http://www.city.seiyo.ehime.jp