Let’s Connect with Radio Taiso Exercises!

Cosponsored by GEN-J : Online Radio Taiso Class
Instructor Arisa Oshimi
What is Radio Taiso?
(History)

When?
• The first generation of Radio Taiso was created in 1928 (the Radio Taiso practiced today is in its third generation)
• The formal name at that time was “National Health Calisthenics”

Who?
• Early Radio Taiso was enacted by the Ministry of Communications and Transportation Insurance Bureau (now called the Japan Post Insurance Co.)
• It was modeled after American life insurance company initiatives

What was the Goal?
• To improve physical fitness of Japanese people & increase life expectancy (the average lifespan at that time was in the 40’s)
• It also functioned as a simple health insurance system

▲A poster of first generation Radio Taiso (Photo: Japan Post Insurance Co.)

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What is Radio Taiso? (Exercise Breakdown)

Timing?
• About 3 minutes total
• 13 exercises designed to workout the entire body

Structure?
• Starts with easier movements and gradually becomes more rigorous
• Body returns to a balanced state with the final “deep breath”

Aim?
• Designed to be an exercise that can be enjoyed by all - from young to old
What is Radio Taiso? (Physical Effects)

- Exercises that activate parts of the body which are not used during day-to-day activities

- Structured to evenly balance the body, from front & back to left & right

- Allows you to easily measure fluctuations in your physical condition by incorporating in your daily routine

- Movements to loosen your muscles while being active (dynamic stretches)

Helpful Tip
Try combining walking and running
For example: Walk from Home to Park → Radio Taiso at Park → Walk Home

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What is Radio Taiso? (Psychological Effects)

• When your biological clock is not in sync, it is easy for the nervous system to lose its balance…
  *Morning exercise* can effectively reset your biological clock!

• Rhythmic exercise is *exceptionally effective in reducing stress*

• With family or friends, *Radio Taiso is a fun activity to do together* and easy to keep up!

• *Revitalizes local communities* by creating multi-generational exchanges. In Japan, it is also helpful for local crime prevention.

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Lesson 1

Exercise #1: Stretching

- Stretching the whole body, the purpose of this exercise is to maintain good posture.
- This action prepares the body to stretch into large movements during later exercises.

**Standing**

- Repeat 2x

While breathing in, raise your arms up from the front.
While breathing out, lower your arms down to the sides.

**Sitting**

- Repeat 2x

While breathing in, raise your arms up from the front.
While breathing out, lower your arms down to your lap.

Illustration: Japan Post Insurance Co.
Exercise #2: Swing arms, bend & extend legs

- Activates large leg muscles, promotes blood circulation and improves muscle strength
- Key is to move your heels up & down!
- Bend your knees toward your toes

**Standing**
- With arms crossed, raise heels up
- Swing arms to the side, bend & extend legs
- Swing arms back & cross in front of your chest, lower & raise heels

**Sitting**
- Repeat 8x
- From arms in crossed position, swing them to the side
- Swing arms back to cross in front of your chest

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Illustration: Japan Post Insurance Co.
Lesson 3

Exercise #3: Turn arms in a circle

- Turn your arms from straight out to the sides (practice with 2-3 people, or with a wall)
- Spinning your arms loosely will not activate muscles which are not normally used. Keep your arms firm.

**Standing**
- Swing arms in a big circle from outside to inside
- Swing in reverse (opposite) direction

**Sitting**
- Swing arms in a big circle from outside to inside
- Swing in reverse (opposite) direction

Illustration: Japan Post Insurance Co.
Now add music and give it a try!

• Make sure to remember the key points from this presentation

• Even with moves you don’t normally practice, you will see major effects from freely moving your body in these ways!
To Summarize…

• Your body stays with you for your entire life. Listen to your body everyday.

• Even if not everyday, make a point to get up and get moving whenever you think to do so. Deep breathing itself is helpful.

• Radio Taiso is one easy way you can take care of your body everyday. Remember today’s lesson and try to be a little more conscious about moving your body!

• If you found today’s Radio Taiso to be interesting and helpful, please share this with your family, friends, coworkers and other loved ones! 🎵