

# Let's Connect with Radio Taiso Exercises!

Cosponsored by GEN-J : Online Radio Taiso Class

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# 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.)

# 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

# What is Radio Taiso? (Psychological Effects)

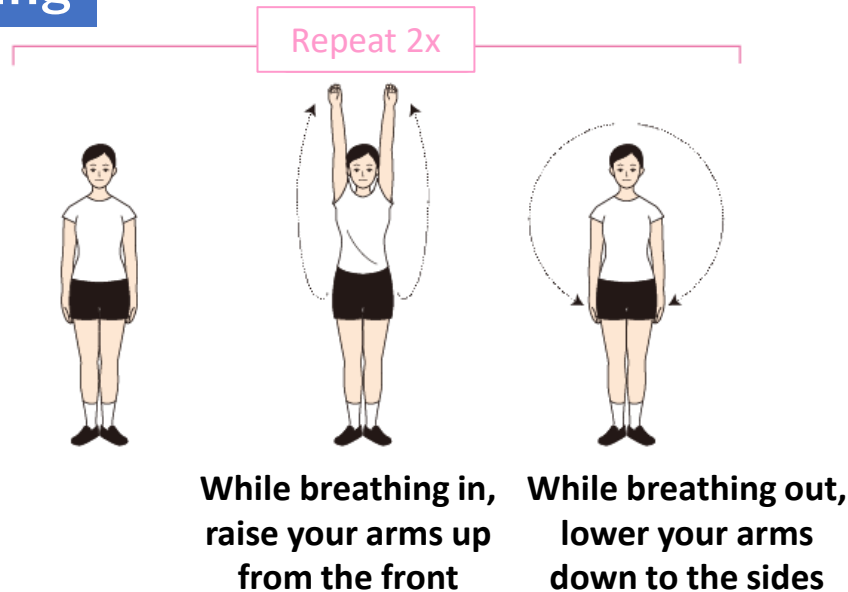
- When your biological clock is not in sync, it is easy for the nervous system to lose its balance...  
Morning exercise can effectively reset your biological clock!
- Rhythmic exercise is exceptionally effective in reducing stress
- With family or friends, Radio Taiso is a fun activity to do together and easy to keep up!
- Revitalizes local communities by creating multi-generational exchanges. In Japan, it is also helpful for local crime prevention.

# 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



### Sitting

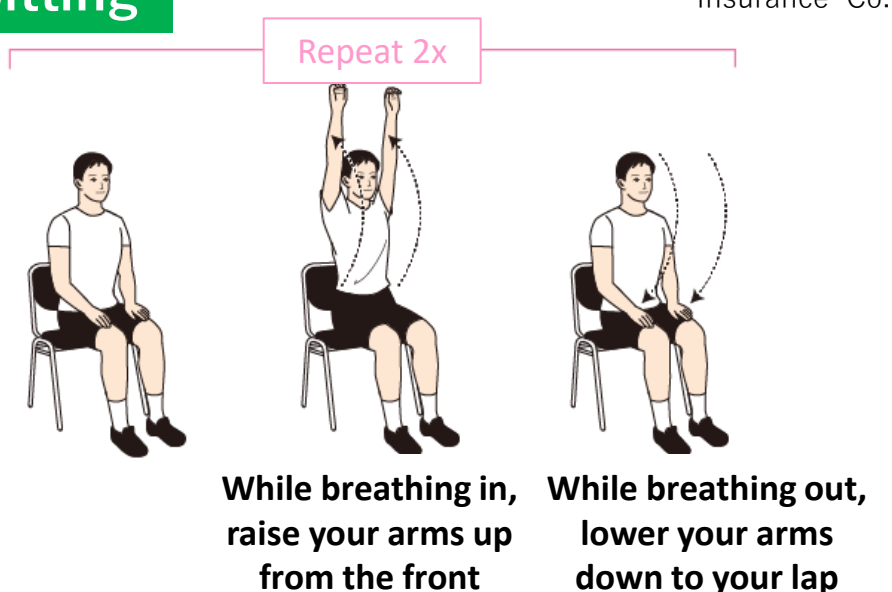


Illustration: Japan Post Insurance Co.

# Lesson 2

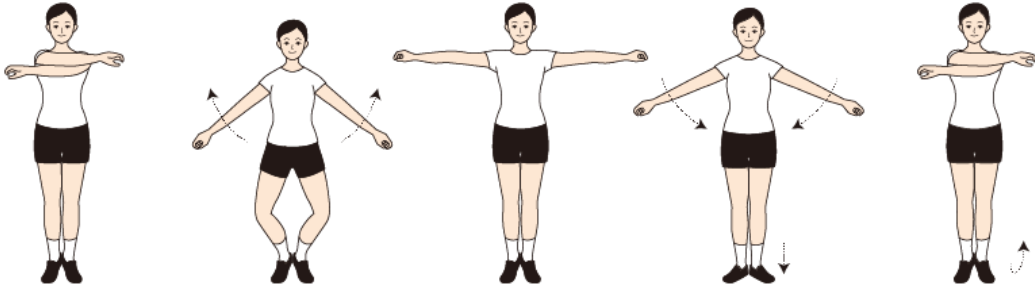
## Exercise #2: Swing arms, bend & extend legs

- 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

Illustration: Japan Post Insurance Co.

### Standing

Repeat 8x



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

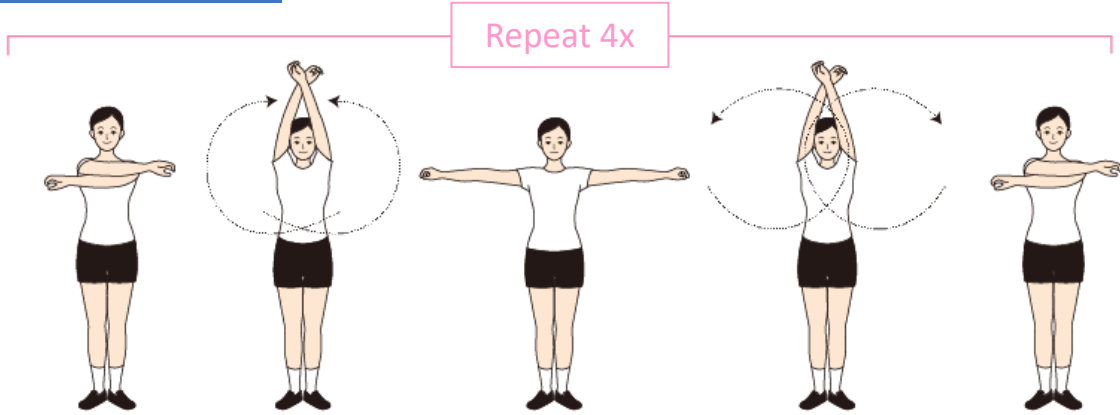
Swing arms back to cross in front off your chest

# 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

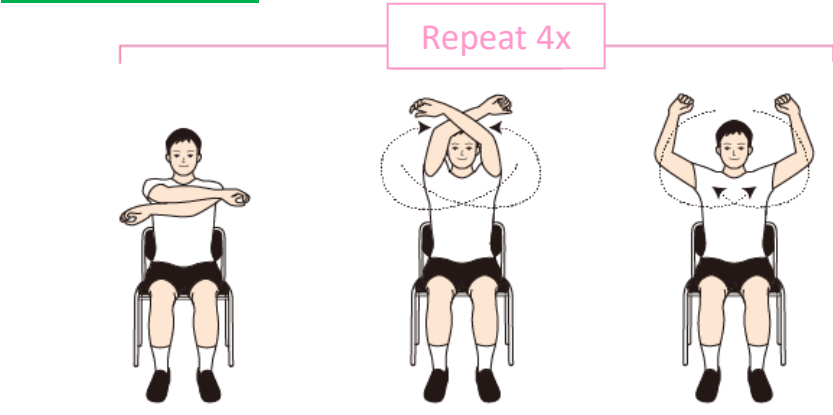


Swing arms in a big circle from outside to inside

Swing in reverse (opposite) direction

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### 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! 🎵