

# Two-by-two Framework For Physical Activity Environment

## In The New Japanese Physical Activity Guidelines

	Non-leisure Physical Activity (Transport, Occupation and Household chores)	Leisure-time Physical Activity (Exercise and Sports)
<b>Built (Physical) Environment</b>  (Create places for physical activity)	<b>[Urban design, City planning policy]</b> <b>&lt;Macro environment&gt;</b> -Walkable city planning -Transport planning: activity-friendly public transportation system <b>&lt;Micro environment&gt;</b> -Activity-friendly architectural or space design (ex. safe or walkable sidewalks, bike road, park or other green space) - Workplace environment: office layout, standing desks, standing meeting facilities, staircase design, common space design, bicycle storage, shower rooms, etc.	<b>[Develop and maintenance of place for exercise]</b> -Exercise facilities, attraction of private exercise facilities -Walking paths and bicycle paths -Parks and green spaces -Playgrounds or other places for children to gather -Architecture and spatial design of nursery schools and kindergartens -Natural environment (mountains, riverbanks, beaches, etc.)
<b>Social Environment</b>  (Create opportunities for physical activity)	<b>[Promotion of active travel]</b> -Active travel: commuting to work, school, shopping, etc. by walking, bicycling, and public transportation (mobility management) -Increase regional activity and social capital -Increase opportunities for seniors to engage in social or familial activities: employment, social events or other opportunities to go out, increased social or familial roles etc. -Workplace or organizational policies, avoid long working hours, workplace-led health classes, -Incentives, introduction of standing meetings, promotion of stair use, encouragement of sedentary behavior breaks, etc.  <b>[Information and communication]</b> -Dissemination and awareness of physical activity and sedentary behavior guidelines, -community-wide campaign	<b>[Children]</b> -Physical education, club activities, more opportunities to play outside. <b>[Exercise and sports campaign]</b> -Regional sports clubs, sports events, promotion of sports industry, etc. <b>[Exercise programs]</b> -Programs provided by local governments, private sector, etc. -Utilization of radio calisthenics, local calisthenics, etc. <b>[Exercise groups and voluntary exercise groups]</b> -Qualitative and quantitative improvement of exercise instructors <b>[Medical/Healthcare]</b> -Utilization of exercise and physical activity guidelines in medical and health care -Improvement of health care professionals such as doctors who can provide better exercise instruction <b>[Improvement of accessibility]</b> -Improvement of recognition of and access to places and opportunities for exercise (in terms of space, time, and fee) <b>[Information provision and communication]</b> -Dissemination and awareness of physical activity and sedentary behavior guidelines, community-wide campaign

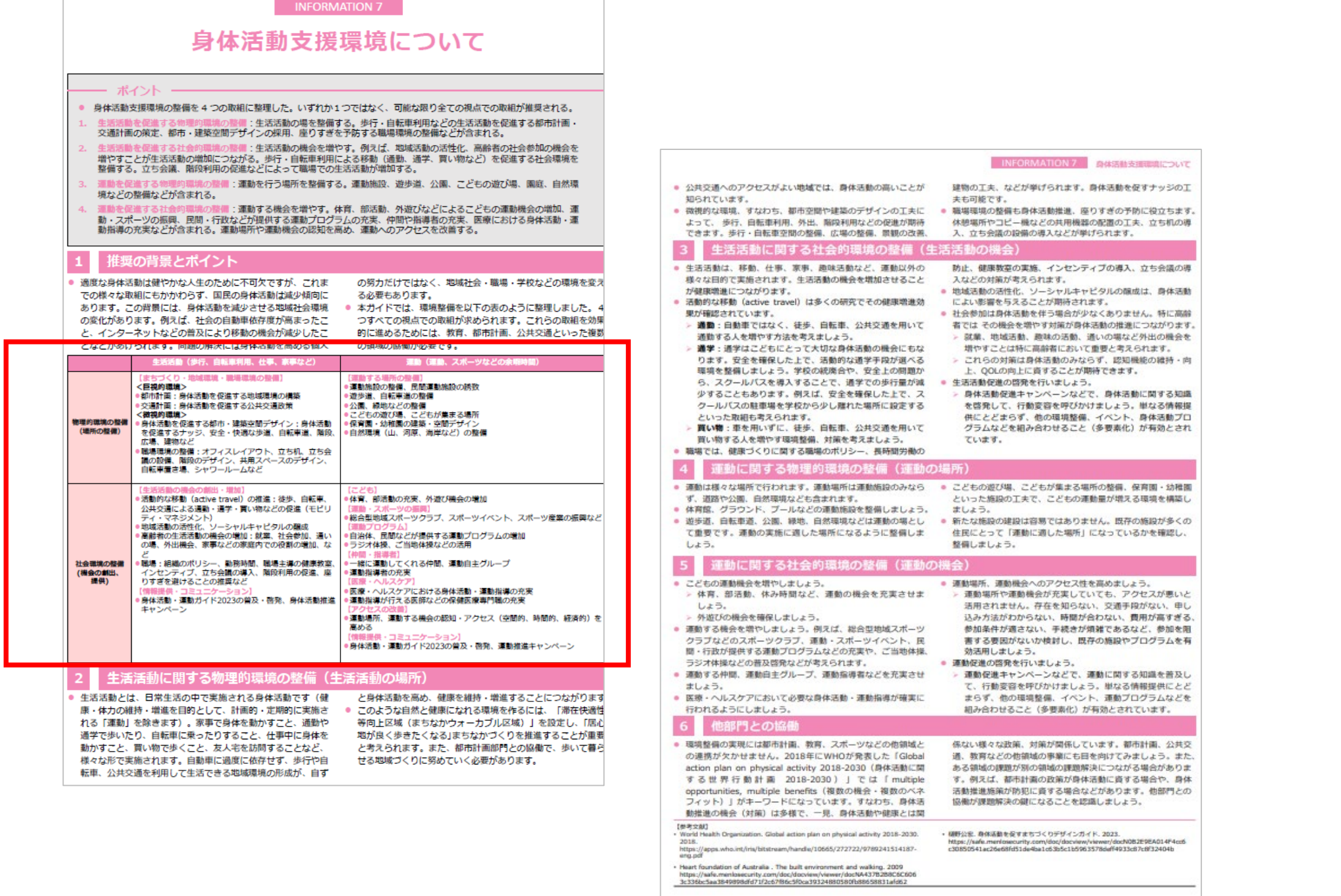
### Japanese Physical Activity Guidelines 2023

- Physical activity (PA) guidelines have been revised approximately every ten years since 1989.
- Information on **PA environments** is included in the new 2023 PA guidelines.

Table 1. Timeline of Japanese Physical Activity Guidelines

1st	1989	Exercise Requirement for Health Promotion 1989
2nd	2006	Exercise and Physical Activity Reference for Health Promotion 2006
3rd	2013	Physical Activity Guidelines for Health Promotion 2013
4th	2023	Physical Activity and Exercise Guide for Health Promotion 2023

- This framework will promote understanding of PA environment among a wide range of policy makers, including those who do not specialize in PA.
- It is expected to promote discussion and environmental improvements.
- This new challenge in Japan may be helpful for PA promotion in other countries.



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