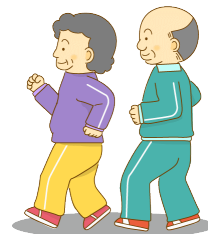


# DIABETES PREVENTION SUPPORT SYSTEM

It is possible to prevent diabetes by improving your diet and incorporating the appropriate exercise.

It is also possible for people with diabetes to have a significant improvement.



*The system supports health care by managing the daily nutritional balance and the right amount of exercise.*

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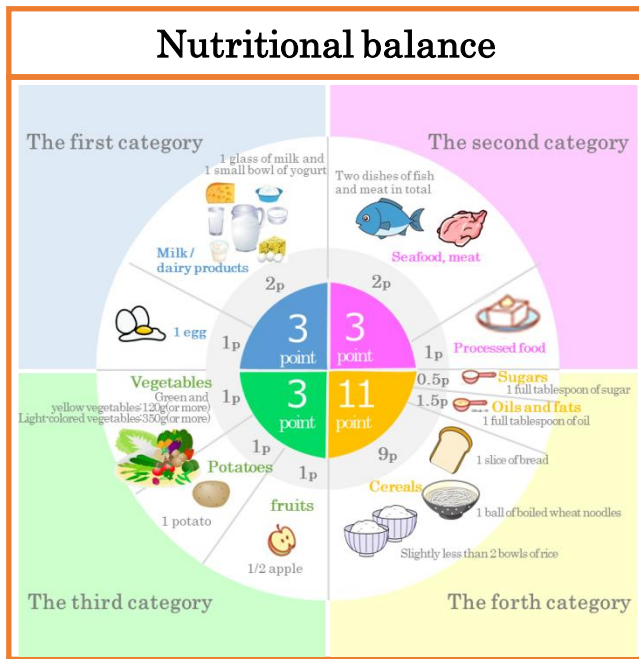
## By applying the system, it enables you to manage the nutrition and health care suitable for your health condition.

An unsteady life-style, unbalanced diet, stress and insufficient exercise can be a major cause of a lifestyle-related disease. In late years, the number of young people afflicted with lifestyle-related diseases has been increasing due to the influence of Western dietary habits and stressful society.

A daily lifestyle improvement is necessary to prevent a lifestyle-related disease such as diabetes. It is important to maintain a long-term good state of health by monitoring your health condition before it becomes a disease and improve early detection of poor physical condition or abnormalities.

The “Lifestyle-related disease prevention support system” is not only for people afflicted with lifestyle-related diseases such as diabetes but also for healthy people to manage dietary habit and the amount of exercise according to each purpose and state of health.

### Dietary therapy



Dietetic treatment is an important and fundamental treatment strategy that prevents lifestyle-related diseases such as diabetes, and is most effective for maintaining a long-term health.

By using the smartphone to register the information of consumed meal and drinks, the system will analyze the nutritional balance and calorie intake of the day.

By in taking a good balance of necessary nutrients, it enables you to have a healthy life and increase longevity. It is essential to continue the treatment in order to maximize the effects.

The nutritional management system is not only for the use of people afflicted with lifestyle-related diseases, but also for healthy people to monitor the daily amount of calories intake and to have balanced meals on a regular basis.

### Amount of exercise



Exercise therapy is also an effective way of treatment as effective as the “Dietary therapy”.

The appropriate amount of exercise varies from person to person. It is important to have moderate exercise, suitable for your condition.

For the people advised by their attending physicians, the appropriate amount of exercise is specified as standard.

For healthy people, the standard amount of exercise is set in accordance with age and gender.

Exercise is effective not only for reducing body weight and body fat ratio but also for returning the level of blood pressure, blood glucose and blood mesothelioma to normal rate.

It is easy to compile vital and exercise data by the use of smartphone and pedometer.

The stored data is showed in an easy – to – understand graph, which makes it easy to see the long-term effects at any time.

Through the use of “DIABATES PREVENTION SUPPORT SYSTEM”, we hope to be able to contribute to the promotion of health, not only for the people already afflicted with lifestyle-related diseases such as diabetes, but also for the healthy people, increasing the healthy life expectancy.