

 <p>Mayor Yoshinori Mizuno</p> 	<h2 style="text-align: center;">City of Owariasahi</h2> <p style="text-align: right;">Japan</p>  	<p>Population: 81,875 Households: 32,998 Area: 21.03 km² Flower: Sunflower Tree: Camphor Tree Products: petit vert, fig, ceramics, electrical equipment, recycle paper Events: Cherry Blossom Festival, Asahi Health Fiesta, Summer Festival, City Festival *as of September 1, 2012</p>
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1. City Profile of Owariasahi

Owariasahi City is located in central Japan, bordered on the west by Nagoya, the largest city in central Japan, and on the east by Seto City famous for its pottery ware.

City boundaries stretch for 5.7 km from East to West and 5.6 km from South to North, with an area of 21.03 km².

Owariasahi is a convenient residential city with railway, roads, shopping centers and other infrastructure developed mainly through land readjustment projects.

It is also blessed with a rich natural environment such as Aichi Forest Park which covers one sixth of the city's area.

Our future vision for Owariasahi City as "A park city full of life developed together," stresses this excellent living environment for making a unique city suited to a new age.



Aichi Forest Park

2. Owariasahi's vision for a Healthy City

Since 2005 we have endeavored to make people and environments healthy.

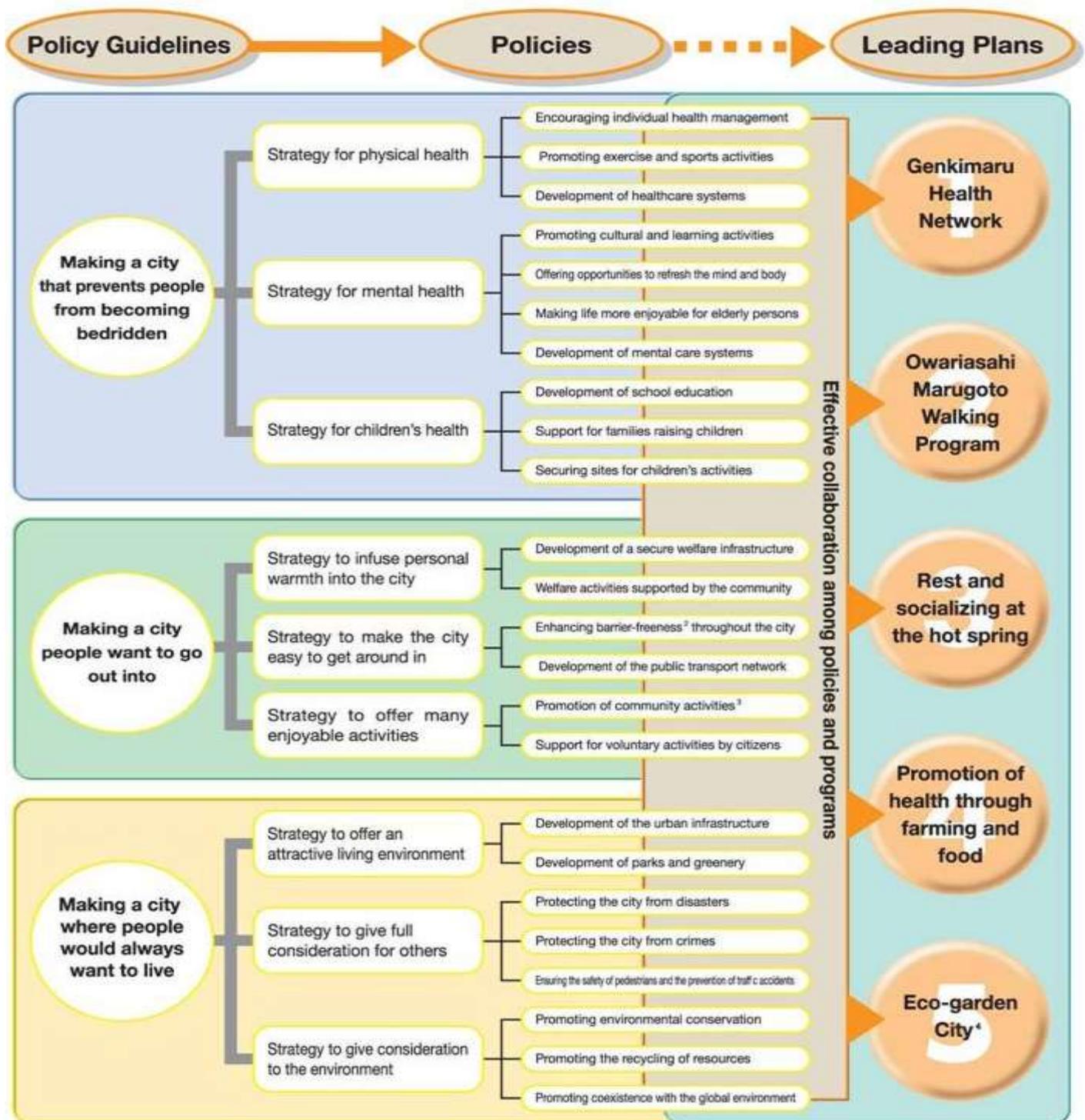
What we envisage by a healthy City, is a city that blossoms with flowers of health.

We shall promote health together with the people of the city, with vitality, interaction, and pleasantness as our keywords to make our city one that prevents people from becoming bedridden, one that people want to go out into, and one that people would always want to live in.



3. System for the Healthy City Program

The Owariasahi Healthy City Program consists of nine policies and five leading plans developed along the three policy guidelines. Various programs will be developed based on this system to make Owariasahi a Healthy City.



(1) Genkimaru Health Network

The city of Owariasahi conducts the Owariasahi's Genkimaru Health Assessment Program to assess the health condition of individual citizens and provide instructions and advice to improve their health accordingly.

The city also offers various exercise courses to help elderly persons recover their health and reinforce their physical ability. Those who can manage on their own can take a course to actively reinforce their physical strength while those who require help can take a light exercise course.



Muscular Strength Test



Total Endurance Test

Genkimaru Health Assessment

(2)Owariasahi Marugoto Walking Program

The city has developed road networks throughout the city for safe walking, and provides recreation spots and opportunities for more citizens to enjoy the merits of walking.



Walking Map



Walking Rally

(3)Rest and socializing at the hot spring

The city provides health plans for visiting the Owariasahi-en Sanatorium in Nagano Prefecture which is about 70 km from the city managed by the city. Such plans take advantage of the hot spring, its natural surroundings, and local resources to encourage citizens to refresh their minds and bodies and enhance interaction with the people in Nagano.



Owariasahi-en Sanatorium



Walking in the countryside program

(4) Promotion of health through farming and food

In addition to providing food that is safe to eat and promoting the consumption of local agricultural products, the city will promote food education so that children will achieve awareness of good and regular eating habits.



Taste testing session for locally grown vegetable “Petit vert”



Selling local figs at the City Hall by Mayor

(5) Eco-garden City

In addition to promoting lifestyles that give consideration to the environment, the city is taking measures to make Owariasahi into a garden-city full of greenery. Parks and greenery are developed and maintained, and activities to clean the environment are promoted.



Activities by the Park Lovers Association



Tree Planting Festival

4. Activities by volunteers

Many volunteers are involved in the programs of our five Leading Plans.

With Health Promoters, Dietary Health Mates, and Sports Promoters serving as local leaders, the City and citizens work together in enhancing the health of citizens.



Health Promoters



Sports Promoters