

LiSM10!® Manual for Participants



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1. Introduction

Do you know the main causes of death in Japan?

The number one cause is cancer (malignant neoplasm), second is coronary heart disease, and third is cerebrovascular disease (2007 Ministry of Health, Labor and Welfare demographic statistics).

Of these, coronary heart disease and cerebrovascular disease are well known to result from lifestyle issues; in fact, they are generally referred to as “lifestyle-related diseases.”

Disruption of a healthy lifestyle including appropriate diet, exercise, and rest can result in obesity. Lifestyle-related diseases can also occur due to multiple risk factors such as high blood pressure, high blood sugar, and hyperlipidemia (metabolic syndrome).

Currently, among Japanese over 40 years of age, it is estimated that one in every two men and one in five women can be classified as suffering from metabolic syndrome.

What can be done to prevent lifestyle-related disease? Strict dietary restrictions and vigorous physical activity are not necessary. In our daily lives, we should focus on doing things that we are capable of doing and that we can continue for the long term.

By participating in the LiSM10! program, you can find the specific method suitable for you while receiving a counselor's support and advice.

We are sure that you will be able to discover a better lifestyle by the time you graduate from LiSM10! ®.

2. What LiSM10! ® is

LiSM10! ® is a lifestyle-related disease prevention program based on the latest theories in health promotion, behavioral science, and health education. The main element of this program is face-to-face, individual counseling sessions that approach lifestyle issues by focusing both on eating habits and exercise habits.

Based on a preliminary assessment, the first goal-setting counseling session is constructed to ensure an effective beginning. Support is based on stages of change (focused on lifestyle improvement) and self-efficacy (focused on setting reasonable goals for an improved lifestyle). Implementation is based on the participants' own determination and introduces self-monitoring to help you achieve your targets.

⇒ This is not just a diet program, it is a program to support behavior change.