



Tairyoku Maintenance Associates

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體力メンテナンス協会  
TAIRYOKU MAINTENANCE ASSOCIATES

Body in rhythm,  
mind in rhythm,  
my new self in rhythm.



Tairyoku Maintenance Associates provide an opportunity to meld  
“my new self” with “True physical strength”.

Bouncing exercises balance your hormones and autonomic nerves.

You will have a clearer mind, a higher immune system, and less stress.

You're in joy. As your heart rates increase, so does your mood increase.

“True physical strength” means all cells  
in your body work together to their full potential.

Never give up on myself.

We support your “My new self”.



Tairyoku Maintenance  
Associates

## Reina Ueno

When you get up in the morning, do you feel like starting your day with excitement? Feeling tired in spite of enough sleep, feeling no energy even with a nice breakfast, or absent-minded all day—if you feel the above, you might lack energy in your body to live your healthiest life.

You need physical strength to fully recover and balance the nervous system. It is important to do low-intensity cardio to build physical strength effectively. The more energy you save, the less energy you produce, which creates a bad cycle. Building physical strength doesn't mean doing hard weight training.

Mind and body are closely connected. These two shape the environment around you. Bouncing with an exercise ball is a great first step to meet “my new self.” That's “Tairyoku Maintenance” –building physical strength. After childbirths in 2001 and 2003, I had postpartum depression. I was worn out and didn't know what I lived for. However, I had a healthy and happy time after my third childbirth in 2018 when I was 43 years old because of the knowledge and practices of “Tairyoku Maintenance”.

Various illnesses and disorders result from stress. Now, our lives have been dramatically changed by covid-19. I believe that building true physical strength will keep our body and mind in the best condition.

## Tairyoku Maintenance Associates support members to develop “the ability to move your body” - the foundation of any life activities”

Tairyoku Maintenance Associates, with many of our members, we are promoting the ways to develop “the ability to move the body as a basis of life activities” because we believe Tairyoku Maintenance-building, true physical strength, is the foundation of everything to live a fulfilled life.

### Everything comes from a lack of exercise

Have you experienced that your body is not refreshed even though you slept well, had good meals, or had enough rest? You try hard but don't have enough energy to enjoy your day. Everyone has experienced a lack of balance in body and mind. This doesn't mean you are being lazy, but a lack of physical strength.



### “True physical strength” is energy to live your life

Do you often catch a cold or feel down even though you train your body? It is because you lack true physical strength. Here, we are proposing physical strength as “the ability to move your body as a foundation of life activities”. We believe that producing energy to live is the solution for all kinds of issues people face in their daily lives.



### Tairyoku Maintenance leads to a shining life.

Building physical strength enhances motivation, imagination and concentration. Mind and body are firmly connected together. Therefore, taking care of your body has a huge impact on your mind. A stronger body shapes a stronger mind and one's own life without any regrets. A weakened mind can cause depression.



## Why exercise balls?

### ● Fix your body's imbalance, preventing backache

Bouncing on an exercise ball is effective for strengthening inner muscles, which we don't use in our daily lives. Core training fixes imbalance of the body and prevents backache.

### ● Less muscle fatigue

Bouncing on an exercise ball doesn't stress your body, so generating muscle fatigue is minimized. It does not only strengthen your body but also balances the mind and body.

### ● Strengthen both outer and inner muscles

Bouncing on an unstable surface like an exercise ball strengthens outer and inner muscles. Athletes often add this exercise to their daily workout.

### ● Easy to exercise

It is simple and easy. You just need an exercise ball. No need for other exercise equipment or shoes. You can start an exercise ball workout anywhere anytime in a small space.

### ● Perfect for putting a baby to sleep

You can put your baby to sleep with an exercise ball. Bouncing on an exercise ball is as comfortable as being inside a mother's womb. Your baby will be sound asleep soon.

I didn't like exercising. I couldn't go out often because I had small children, I was emotionally unstable, I gained more than 16 kg during my pregnancy. But an exercise ball brought back a healthy mind and body. When I first had an opportunity to bounce on an exercise ball, I felt so refreshed, which is a feeling I hadn't experienced since I was a student. On that evening, I felt completely refreshed. My appetite was improved and had a craving for healthy food.

After I started exercising with an exercise ball, I naturally lost my weight, slept well at night, and gained the physical strength I needed. Most importantly, the imbalance of hormones and the autonomic nervous system- a common problem for postpartum had been improved. Now, I have the energy and physical strength to do what I want to do and live my life happily.

Originally made for physical therapy, exercise balls are good for cardio, work outs, stretching without straining joints. When you hold your baby and bounce on an exercise ball, your baby recalls the time in the womb and goes to sleep smoothly.

Exercise ball fitness is good for anyone; for those who like exercising, who haven't done exercises for a while, who want to sweat after work. This exercise is for people from children to elderlies.



Reina Ueno

## Many research shows cardio exercises are effective for depression.

In 1999, Professor Blumenthal of Duke University of Medicine first reported that moderate aerobic exercises are effective for depression. In 2001, Professor Demio at Free university of Berlin reported half of the patients improved their depression after 30 minutes of aerobics exercise per day for 10 days. The number of

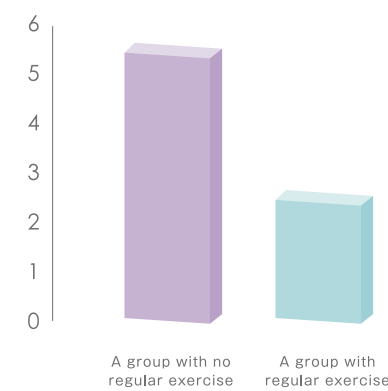
people suffering from depression was 430,000 in 1996, but in 2008 it increased to 1.04 million (Ministry of Health, Labor and Welfare statistics), which is about 2.4 times higher. We hope to prevent the modern illness, "Depression" with simple exercise ball fitness and make you happy with a healthy body and mind.

### The relationship with postpartum depression and cardio fitness

The study of Professor Daisuke Matsumoto at Kio University of the Health Science department, Physical therapy program

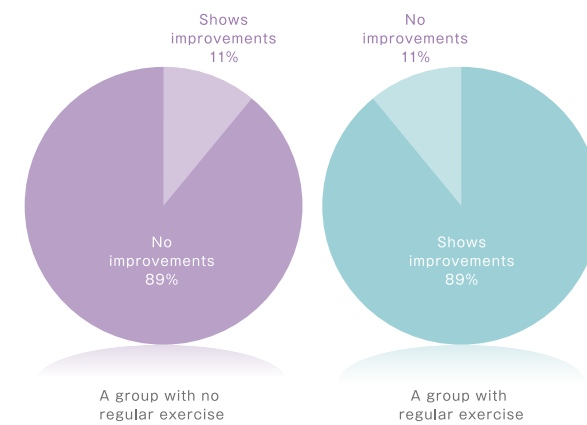
#### ■ Depression rating scale

The higher score on Depression screening question, the higher tendency of depression



According to the study by Professor Daisuke Matsumoto at Kio University of The Health Science Department, the Physical therapy program, there is a big change in depression rates between groups with and without regular exercise after the

#### ■ Percentage of depression improvement



childbirth. As a result of comparing the improvement of "depression" from the early postpartum period (up to 6 months) to the late postpartum period (after 6 months), 89% of the groups with cardio exercise habits had improvement in their condition.

## The method of Tairyoku Maintenance Associates is supervised and supported by specialist doctors in various fields.



Yoshio Hishikawa, M.D., Ph.D.  
Consultant of Meiwa Cancer Clinic,  
Medipolis Proton Therapy  
and Research Center

We support people who want to make their life shine

Today, patients choose their own cancer treatment options. However, having a positive feeling is essential for successful treatment. We support people who want to have a happy life.



Urologist  
Aichi Urology care  
research institution  
Yoko Yoshikawa

Let's live a healthy life with healthy bowel movement

Proper exercise is very effective for controlling excretion and encourages comfortable bowel movements. Many problems can be solved by gaining physical strength.



Dr. Hitoo Nishino,  
Doctor of Neuroscience

Let's live a happy life by growing many nerve cells.

Exercising and communicating activate your body and create new nerve cells. Choose actions that make your mind happy and grow more nerve cells as you get older to live a wonderful life.



University Professor  
(physiotherapist)  
Daisuke Matsumo

In Japan, there's still not enough postpartum care

In postpartum care, it is very important to continue physical activities (cardio exercise, etc.) at each time after childbirth in order to "rebuild the mind and body" and "build physical strength".



Medical Corporation YUHOOKAI  
Mano Women's Clinic  
Dr. Yukio Mano

Have a healthy prenatal and postpartum by building physical strength with good exercise habits.

Moderate cardio exercise during pregnancy is said to have possible prevention of Hypertension, Diabetes, emergency C-section and difficult delivery. Thinness and obesity before pregnancy may raise risks to the mother and infant therefore it is essential to take good care of preconception health.



Chairperson of  
Grand Medical Corporation  
DDS. Soichiro Honda

Dental care and physical activities from maternity is recommended for a healthy prenatal and postpartum.

During maternity, the increase of female hormones and decline of immunity can cause periodontal disease and cavity which lead to higher risks of premature birth. Dental care and moderate aerobic exercise are good for staying healthy from prenatal to postpartum, and also very important for children's healthy growth.

## We created Tairyoku Maintenance certification that aims to train professionals to support the balance of body and mind

More than 80% of certificate holders are aiming for additional professional certifications.

Detox Planner New certifications are currently on hold. Existing certified professionals may continue to offer this program.

### Exercise ball fitness instructor

Exercise ball fitness can improve health problems caused by aging and stressful lifestyles. It is an effective method not only for the autonomic nervous system and hormone regulation but also for body shaping and core muscle. We offer many courses to teach exercise ball fitness to various people- postpartum, menopause, maternity, and the elderly.



### Physical fitness instructor

Learn the basics of the relationship between body and mind, how health problems occur, and how to restore health by using various approaches such as anatomy, exercise physiology, and brain science. This certificate prepares you to offer courses, lectures, and counseling to various people.



### Postpartum care instructor

This explores the changes in body and mind and the mechanism during pregnancy using anatomy, exercise physiology, brain science, and social perspectives. This certificate prepares you to do courses, lectures, and counseling about postpartum cares.



### Baby massage & Ball Yoga instructor

This certification enables you to teach how to care for the body tired from childcare with exercise ball fitness and Yoga. Exercising deepens communication with the baby by touching and helps the parents relax. Also, you can learn how to support healthy development of babies and to put them to sleep with an exercise ball.



### Pelvic care instructor

Learn how to care for the pelvis from outside. Learning the pelvic mechanism prepares you to perform the treatment for various people such as those after childbirth, those who want to have a beauty effect, and those who want to improve exercise performance.



### Instructor trainer

Being certified as exercise fitness, physical fitness, and postpartum care instructors, you are able to offer instructor-training courses with the trainer certification regardless of the enrollment period or experience. There is high demand from public institutions, educational sites, and companies, and this certificate enables your financial independence.



## Voices of Certificate holders

### It's never too late



MIYAZAKI CHIKAKO

#### I joined to lose baby weight, and now I'm an instructor

After giving birth to my third child, I gave up on losing weight, reducing fatigue, and solving sleep problems by trying to think it is all because of aging. I was busy raising my children. But when I first took an exercise ball fitness class, I felt "I exercised a lot!" by just sitting and bouncing. My heart was thrilled by bouncing with the music and felt the effect on my mind and body. Now, I'm an exercise ball fitness instructor and also an instructor trainer. After gaining the certificate, I gave birth to a fourth child, but I had no problems during and after pregnancy and was able to control my weight easily. The instructor's job is so wonderful that you can work while valuing your time with your child, and make many people happy.

### I wanted to change myself

#### Glad that I noticed in my 20's

When I was 20, I jumped in this field with no goal as an instructor but just wanted to change myself. What I realized when I started taking the instructor training courses is how much I didn't look at myself. But, my way of thinking and perceiving the world has dramatically changed after gaining physical strength by bouncing on an exercise ball, getting to know more about my body, and truly facing myself. Until then, I was easily influenced by others, but now I take actions based on my own point of view. I'm currently looking for a job, but instead of aiming to get a job, I want to focus on my passion. Don't give up on yourself because you are young. My mission is to spread the words of Tairyoku maintenance method.



YAMADA ASUKA

### I Want to utilize my past career to help people to get healthy



ABE KOUJI

#### I want to spread happiness!!

As I got older, I started to realize what is really important to me. One of the ways to understand what truly makes me happy is an exercise ball. By deepening my understanding of the difficulties of working moms and stay-at-home moms, I started to see the possibility to support the community, society, and families from a different perspective as a man. After gaining the certificate, I feel the lively heart brightens the community and society! There are always business chances, too! I'm looking forward to meeting many happy people.

### I want to share the importance of correct posture and breathing

#### Making lessons filled with laughter!

After turning to my late-60's, I was looking for a kind of exercise not weather dependent or neither necessary to gather members, besides tennis which I have been doing for a long while. One day, after trying out some other exercises: none that reached my expectations, my daughter in her post-partum invited me to an exercise ball lesson. Sitting on the exercise ball and bouncing to the music, it was so much fun and easy for me to control the exercise intensity, I found this very suitable for people in my age. Taking frequent lessons, I was more than sure that it is perfect for our age. I wanted to bounce with my friends and many in my age, so I became an instructor, studied more about Tairyoku Maintenance and ever since I have been holding lessons. Everyone who attends my lessons give me pleasant comments that they had fun, that their body feels lighter, that their shoulder aches are much better and that they wished they knew exercise ball fitness much earlier. I have an aim to go wherever I want freely with my own feet for the rest of my life. I will keep on enjoying exercise ball fitness as long as I can in my own pace.



SATO YOSHIKO

## We make various efforts to promote our method

### Joint research



- The joint research project of Kyoto university and Kio university

### Collaborate with the government



- Cooperate with cities and prefectures
- Our booklet is included in the Nagoya city mother and child handbook

### Work with companies and educational institutions



- Corporate health promotion planning. Implement mental health care for employees
- Introduce health curriculum

### Supporting children's healthy development



- Offering kids fitness class at elementary schools, kindergartens, and child cares

### Supporting the senior care



- Providing fitness classes for seniors at nursing homes and facilities

### Supporting women's care



- The prenatal period
- Offer menopause and breast cancer classes
- Instructor for Miss Universe Japan beauty camp

### Train and send instructors



- Issue our associates official certificates
- Training at companies
- Sending instructors to nursing facilities

### Plan events



- Associates official event "Bounce Park"
- Participating in local government events
- Hosting events. e.g., "Happy Mama Festa", etc.

### Promotion in each media

- TV: NHK / Fuji TV / TV Asahi / TBS TV / Nippon TV / Yomiuri TV / Nagoya TV / Tokai TV / Chukyo TV / CBC TV / TV Aichi etc.
- Radio: FM Aichi Radio / CBC Radio / Shibuya Cross FM etc.
- Internet: Netz Toyota web CM / CyberAgent Column / Kose Elsia web CM, etc.
- Magazines: VERY / Beauty STORY / ESSE / Orange Page / MISS / HUG MUG, etc.
- Newspapers: Asahi Shimbun / Chunichi Shimbun / Chubu Keizai Shimbun / Hokkaido Shimbun and many other local newspapers

## Tairyoku Maintenance Associates Support companies and educational institutions promoting healthy life.

By developing "the ability to move the body as a basis of life activities".  
Our goal is to support companies and students to have a depression free environment by caring for body and mind.  
Let us support your employees to become healthy and live a better life.



### Management of health promotion plan

To promote the health of employees  
We plan and manage events.



### Introduce health curriculum

Our method is introduced at educational institutions such as universities and vocational schools



### Mental health care

Provide mental health care for workers and students

Please feel free to contact us  
For sending instructors to companies and educational institutions



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Person in charge / SAWADA

## Postpartum Maintenance Program

In postpartum huge damage occurs to the body and mind. Still, there are many mothers who are unaware of their damage. Through maternity, huge hormone shifts occur which can lead to instability of the autonomic nervous systems. Despite of this condition, nonstop childcare starts soon after birth, which causes a physical burden and also continuing excessive mental tense. Being unaware and continuing this situation, could follow to major problems ahead.

Tairyoku Maintenance Associates have various programs to support independence of postpartum women physically, mentally and also from an environmental prospect. It is very important to approach and support this postpartum period, even more so since most of the women are unconscious of their problems.

Check the postpartum complications  
Stiff back and shoulder aches / Lower-back pain  
Joint pain / urinary incontinence / sleep deprivation  
lack of vitality / body image concerns / teary with no reason  
mood swings / severe anxiety about the child's growth  
Intense irritability and anger against words from the partner or parents  
Feelings of hopelessness about the future Etc.

Enlightenment of Postpartum maintenance is a solution to many social problems, such as preventing Postpartum depression, Childcare neurosis, Child abuse, domestic problems and also promoting women's social advancement. We are making progress and approaching from both government and private sectors, in order to provide every women after birth with Postpartum maintenance.



## We offer various programs on postpartum maintenance.

### Postpartum Total Care Class

Approaching and treating multiple postpartum troubles of the body and mind. This is a 6 weeks course, that you can attend with your baby. A course recommended to all postpartum women. Every week, after exercising with the exercise ball, there is learning self-care methods approaching to the shoulders, breast, lower back, pelvis etc. After that there will be brain maintenance activities which activates the postpartum brain. This will be a solution to prevent relationship crisis after childbirth, reconstructing partnership and also as a reintegration into society.



### Postpartum Exercise Ball Class

We offer many one-time postpartum exercise lessons using an exercise ball. Highly recommended to continue your exercise after attending the Postpartum Total Care Class.

### Maternity Class with perspectives of postpartum

In this class, you can learn how to use your body during maternity with perspectives of birth and postpartum. There will be exercises and stretches based on maternity yoga. Here you can prevent and care for maternity complications, and it also helps you to prepare and build up your "favorite you" after birth and postpartum.



### Baby Massage & Ball Yoga Class

Baby massage is a non-verbal communication by nurturing physical affections between the mother and child which leads to relaxation to both. Additionally, in this class there will be Parent-and-child exercises using an exercise ball. This class has many benefits in childcare, such as easy ways to put the baby to sleep.



### Prenatal Postpartum Classes / Post Partum Studies

This is a class where you can study about the changes of the body and mind in the perinatal period, acknowledging the characteristic postpartum mental care mechanisms from the point of view of anatomy and social perspectives. This class is recommended not only for postpartum mothers, but also for people who profession in the postpartum field. Here, we also introduce our original picture book "Hazumu Ringo (Bouncing Apple)".



### Pelvis Maintenance

We will be caring from the outer side to align the pelvis. There are advantages of aligning the pelvis in the postpartum period when the pelvis is still unstable, in order to create the body into a better condition than in the prenatal period. Adding exercise can enhance the effect even more.

