

“Mubyoutan + 1 (Plus One)”

There is a Japanese expression that wishes people's health: “*Mubyou Sokusai*” (無病息災). “Mubyou” (無病) means “no disease” and “Sokusai” (息災) means “maintaining good health”. And “Mubyou” (無病) can be express as the same pronunciation as Mubyou (六瓢) (Mubyoutan is the abbreviation of 6 hyoutan pumpkins). Therefore, the use of the 6 pumpkins as characters to promote good health and no disease. The hyoutan pumpkin is also said to bring a good luck and increase the prosperity of the descendants. Then “Plus 1 (+1) to add more characters and bearing the slogan “Mubyoutan +1”, we strive to activities promoting healthy life throughout Nagahama city.

<p>MU む</p>	<p><u>Mushiba: brushing your teeth properly to prevent tooth decay and periodontal disease</u> It looks like you're brushing but you're not! Let's learn the most suitable brushing method for your mouth! If you choose a toothpaste with fluoride and eat sweets with less sugar, the preventive effect will be more effective!</p>		<p>Name of the character Pikarin</p>
<p>Bi び</p>	<p><u>Vitamins: 1 more plate of vegetables rich in vitamins</u> Let's eat vegetables at every meal! Let's increase by 1 or 2 dishes, the number of garnishes with vegetables.</p>		<p>Vegitan</p>
<p>YO よ</p>	<p><u>Yoshi yameyou!: Let's stop smoking!</u> Please consider other people who do not smoke so that they can avoid inhaling cigarette smoke. Smoking causes several diseases. Please choose not to smoke! Also please keep in adequate amount when you take alcoholic beverage.</p>		<p>Kin En Danshaku</p>
<p>U う</p>	<p><u>Umami: Let's reduce the amount of salt to take advantage of the pleasant taste found in many foods.</u> Let's reduce the amount of daily salt intake by 2gr! Seasonings and "umami" are strong allies for reducing salt in meals!</p>		<p>Umamichan</p>
<p>TAN たん</p>	<p><u>Tan-jikan: Rest your body and mind even for a short time</u> Rest frequently. Get enough sleep. Find your own relaxation methods to maintain physical and mental health! Do not suffer alone, talk to someone!</p>		<p>Kokoron</p>
<p>PLUS +</p>	<p><u>Plus: 10 more minutes of exercise</u> Let's try to do 10 more minutes of physical excersise! Please include exercise in your daily life, move your body when you do cleaning or go shopping!</p>		<p>Arukun</p>
<p>ONE 1</p>	<p><u>1: Let's do your medical exam 1 time a year to know the state of your body!</u> The body undergoes changes on a daily basis. Check your weight, blood pressure and number of steps of walking, in order to know your physical condition. Even if you're healthy, get a medical exam to prevent illness</p>		<p>Kenshinkun</p>