

RIZING ZEPHYR FUKUOKA “One Health Lesson”

Let's enjoy learning through sports



A One Health Lesson was held, combining fun basketball activities with learning about the connection between physical health and diet.

During the first half, students joined professional players in physical activities to experience the fun and health benefits of exercise firsthand.



In the second half, a food education session was held focusing on local ingredients from Fukuoka. Students learned about the nutrients in food, “energy points”, and the importance of eating breakfast.

— Nutrition Education Session —

💡 The nutrients in food and energy points 💡

Each food has its own “energy points” and is packed with nutrients that are good for your body!

For example...

🍓 Strawberries contain **vitamin C**, Which helps prevent colds.

🎋 Bamboo shoots are rich in **dietary fiber** that helps cleanse your digestive system!

🥬 Komatsuna is rich in **calcium**, which helps strengthen your bones and teeth!



We shared with the children from Rizing Zephyr Fukuoka that both exercise and diet are deeply connected to health, and that this ties into the concept of “One Health”



Fukuoka Prefectural Assembly

Koichiro Furukawa, President and CEO of Rizing Zephyr Fukuoka, reported to Mr. Isao Kurauchi, Chairman of the Fukuoka Prefectural Assembly, that they have been conducting 'One Health' educational programs and that they donated funds to the Fukuoka animal welfare center to support the purchase of vaccines for the prevention of infectious diseases as part of their efforts to aid of infectious diseases as part of their efforts to aid rescued dogs.

