

Message from the Chairperson of the Athletes' Commission

The Athletes' Commission was established for the purposes of realizing Games that put athletes first and promoting action and engagement that will create a legacy for after the Games. The first meeting of the Athletes' Commission was held on October 10, 2014, which was exactly 50 years after the Tokyo Olympics Opening Ceremony in 1964, and it was a start that will link the past with the present and the future. We gave advice from experience and expert positions and, with the aim of creating a system that will utilise athletes' opinions, we established two Working Groups, specifically a Working Group 1 intended for promotion of the Games' engagement, action, and legacy, and a Working Group 2 for making suggestions for the Games' preparations and operation and Games services.



At Working Group 1, in addition to initiatives led by the Athletes' Commission, we also conducted initiatives that involved collaboration with schools and companies, such as holding a talk show in collaboration with the Tokyo Marathon Foundation, in order to have people feel closer to the Tokyo 2020 Games and learn about and be interested in many competitions.

At Working Group 2, we did things such as conducting a questionnaire for athletes who participated in the Rio de Janeiro 2016 Games and a questionnaire at the IPC Athlete Forum and provided information that included opinions, and I think that we were able to contribute to creation of an environment in which athletes will give their best performance.

In spring and fall of 2019, we conducted public recruitment, intended for schools throughout Japan and titled "Tokyo 2020 School Sports Day Project", for initiatives related to the Olympics and Paralympics at things such as sports festivals. From schools, etc. throughout Japan, 128 schools participated, 243 performances were conducted, and not only was momentum for the Tokyo 2020 Games increased, but it also became an opportunity to learn about ways of being involved in sports, such as participating, watching, and supporting, and about the value and significance of sports. We have received reports saying that there are schools where initiatives are being continued each year even after that, as a legacy.

In 2020, because of the impact of COVID-19, the holding of the Tokyo 2020 Games was postponed for one year. There was cancellation and postponement of various events and restriction of training camps and practice places, and athletes also spent an anxious time. We mutually shared our circumstances and ideas and comprehensively discussed the things that athletes can do for society, and we held a joint Athletes' Commission meeting by the three organisations of the JOC, the JPC, and the Tokyo 2020 Organising Committee, in order to bring sports together particularly at such a difficult time. On the day of the meeting, we shared the power of sports and the significance of the Olympics and Paralympics, and we were able to create an opportunity for athletes to exchange opinions with other athletes. Based

on that, the three organisations' Athletes' Commissions collaborated and conducted an online interaction event with schools that won an award for excellence for "Tokyo 2020 School Sports Day Project".

We also used the hashtag "#アスリートがつなぐ", which means "athletes connect" in Japanese, to transmit information through SNS. More than 50 athletes have transmitted messages that convey to young athletes and children the experiences of not giving up and focusing on the future amid a difficult situation, ingenuity, and ideas. I think that people's hearts and minds connected and that a legacy of the heart and mind was formed and passed on.

The Tokyo 2020 Games were held amid a situation of postponement, which had never been conducted in the past, and the COVID-19 crisis, which caused anxiety not only for athletes but for society as a whole. However, it was athletes who changed that anxiety into a positive attitude. Their overwhelming performances that used their entire bodies and souls, earnest appearances, tears, and words of gratitude to everyone that were conveyed after competitions made many people feel deeply moved via television.

I think that sports have the power to make people smile and have a positive attitude, to give dreams to children, and to make society energetic. I believe that, from now on as well, Olympians and Paralympians will work together, initiatives will be continued by schools, areas, and companies so that sports can be felt as something close to people in society, and a legacy will be formed.

Naoko Takahashi
Chairperson of the Athletes' Commission

Examples of Tokyo 2020 Games' action, as seen in numbers (Sports and Health)

Percentage of people who conducted sports

59.9 %

Percentage of adults who conducted sports at least one day a week (FY2016 42.5%)

(p.28)

Percentage of people with disabilities who conducted sports

24.9 %

Percentage of people with disabilities (adults) who conducted sports or recreation at least once a week (FY2017 20.8%)

(p.29)

Sports festivals

128 schools

Number of schools that participated in "Tokyo 2020 School Sports Day Project"

(p.31)

Sports festivals

243 programmes

Number of conducted programmes for "Tokyo 2020 School Sports Day Project"

(p.31)

Awareness about exercise and sports

74.9 %

Ratio of people who consider exercise or sports important for themselves

(p.28)

Companies Taking Action for Health Management

Approx. 95 %

Ratio of companies that are supporting establishment of exercise habits for employees, etc.

(p.28)

Chapter 3: Sports and Health

1. Basic concept

- The Tokyo 2020 Games set forth a Games vision stating that “sports have the power to change the world and the future”.
- Under that Games vision, in the action and legacy plan, organisation was conducted and themes were set from three perspectives for the current situation and tasks related to the fields of sports and health.
 - ① Citizens and sports/health
 - ② Athletes and sports/health
 - ③ Paralympics and sports/health
- In Japan, which is now a super-ageing society, there are expectations for materialisation of a “healthy longevity society”, in which elderly people also live healthily and energetically as people who support society, and also for materialisation of a “symbiotic society”, in which the existence or non-existence of disabilities and other various differences are surpassed, everyone can make full use of their own strengths, and people mutually respect each other.

2. Legacy concepts

- Based on the basic concept, legacy concepts have been set as stated below in the fields of sports and health, and various initiatives have been promoted under the three themes mentioned above.

Concept ① : Materialisation of a society in which everyone plays, watches, or supports sports

Concept ② : Materialisation of a society in which athletes flourish

Concept ③ : Materialisation of a symbiotic society as a result of the Paralympics

3. Actions

(1) Action by the Tokyo 2020 Organising Committee

- **Elementary and Junior High School Visit Events for the Tokyo 2020 Olympic and Paralympic Flag Tour**

As part of the Tokyo 2020 Olympic and Paralympic Flag Tour, flag tour elementary and junior high school visit events were held in various places throughout Japan. Members of the Athletes’ Commission served as instructors and conveyed the value of the Olympics and the Paralympics and the appealing aspects of the Tokyo 2020 Games to children through practical skills and lunch.

- **Tokyo 2020 School Sports Day Project**

Schools throughout Japan were the subjects for solicitation of initiatives related to the Olympics and Paralympics and to be conducted at sports festivals, and information about outstanding initiatives was transmitted to schools throughout Japan via the Tokyo 2020 official website.

Through creation of opportunities to come into contact with the Olympic and Paralympic spirit and competitions, awareness about participation in the Games was improved, and contribution was made to creation of opportunities to enjoy sports more.

(Project overview and Key achievements, etc. are stated separately.)

- **Online Exchange Event by the Athletes' Commission**

An online exchange event by the Athletes' Commission and children at schools that received awards for Tokyo 2020 School Sports Day Project was held. For exercise that takes measures against COVID-19 into consideration, presentations of sports festival performances that the children thought of themselves were made to the Athletes' Commission. A gesture game for guessing the competition names of the 55 competitions that would be held at the Tokyo 2020 Games was also conducted, children and athletes deepened their exchanges, and it was possible to strive for promotion of understanding about and cultivation of momentum for the Games.

(Project overview and Key achievements, etc. are stated separately.)

(2) Action by other stakeholders

- Stakeholders collaborated with the Tokyo 2020 Organising Committee, obtained cooperation by the Athletes' Commission, and conducted various projects.
- For the purpose of materialisation of a society in which everyone conducts, watches, or supports sports, and as action that will contribute to creation of opportunities for actually experiencing the Tokyo 2020 Olympic and Paralympic Games or starting sports, things such as "Tokyo 2020: Let's 55 -Let's Go! Go!- with Mitsui Fudosan", "Nissay's 2020 Nationwide Caravan for All", "Let's Meet at the Tokyo 2020 Olympics and Paralympics", and "Yamanashi Grand Sports Festival 2019" were conducted, and contribution was made to things such as improvement of the ratio of people who conduct sports.
- In order to create a city in which sports blend into daily life, the Tokyo Metropolitan Government conducted efforts for things such as support for holding participation-type sports events and sports promotion in nearby areas, and certification of companies that promote sports activities. Opportunities for watching top-level sports events were created by things such as support for attracting international events.
- Junior high school students who have outstanding athletic abilities were recruited and selected, support was provided so that they will be able to

flourish as top athletes in suitable sports, and Tokyo's athletes for whom there are hopes for participation in events such as the Olympics and the Paralympics were certified and support was provided for expenses to improve their abilities.

- Para sports were promoted through creation of a Paralympic movement, securing of places, cultivation of people who will support Para athletes, and improvement of competitive abilities.
- In order to prevent negative effects on health that are caused by second-hand smoke, a "Tokyo Metropolitan Ordinance to Prevent Exposure to Second-Hand Smoke" was established (fully enforced in April 2020).
- Things such as a "Young Athlete Participation Project" and an "Athlete Special Talk Session", in which athletes and participants conducted exchanges, and "Athnavi", which is a system for supporting athletes' employment, were conducted, and various opportunities for athletes to flourish were provided.
- Japan Sports Agency, the Tokyo Metropolitan Government, the JOC, Japanese Para-Sports Association (hereinafter referred to as the "JPSA"), Japan Sport Association (hereinafter referred to as "JSPO"), and Japan Anti-Doping Agency actively worked to make people aware of anti-doping and provided information related to anti-doping to not only competitors but also many people involved in sports.
- Many actions with awareness of a symbiotic society, such as a "KWN Global Summit 2017 Boccia Program", in which Olympians, Paralympians, students in other countries, and students in Japan deepened their understanding through Boccia games and talk sessions, and a "Toyosu Universal Festa", in which children experienced the Paralympic sports and universal initiatives, were also conducted.
- In order to improve Japan's international competitiveness, the JOC enhanced its policies from aspects of information, medicine, and science, and worked to enhance things such as an Olympic Day Run and an Olympic Concert to have people feel sports' value and significance by coming into contact with Olympians, Olympic lessons conducted by Olympians, and activities to support recovery from the earthquake, which focused on areas that suffered from the Great East Japan Earthquake that occurred in 2011.
- With an aim of creation of a lively symbiotic society through sports for people with disabilities, the JPSA worked to disseminate and promote sports for people with disabilities and to enhance policies to improve competitiveness. In addition to expanding opportunities for watching at sponsored events and holding a "Kyousei sports festival", "efforts were made to enhance Paralympic education that utilises the IPC's official educational material "I'mPOSSIBLE".
- Initiatives for certification, as the "beyond 2020 Be My Best Program", of projects to support initiatives in which not only athletes but also individual people aim for their own personal best in terms of health, were taken at

places such as companies, local governments, and sports clubs.

- In the initiative “Sport for Tomorrow”, international exchanges and cooperation were further promoted through things such as preparation of sports-related facilities, donations of equipment, dispatch and invitation of sports instructors and athletes, technical cooperation in sports fields, introduction of Japanese culture, and support for development of human resources, and contributions were also made to improvement of health through sports by the people of the world, by broadly transmitting to the world the initiatives that started in Japan in the fields of sports and health, such as sports festivals and physical education at schools. In addition, based on the “Basic Policy for Promoting Measures related to Preparations for and Management of the Olympic and Paralympic Games in Tokyo in 2020” (Cabinet decision of November 2015), and with an aim of making the number of participating countries and regions at the Tokyo 2020 Paralympic Games (hereinafter referred to as the “Tokyo 2020 Paralympics”) the largest number in history, support for cultivation of Para athletes and coaches was conducted for countries and regions that did not participate in the Rio Paralympics, and that led to an increase of the number of countries and regions participating in the Paralympics. That initiative, which had been promoted in anticipation of the Tokyo 2020 Games, was postponed for one year in association with postponement of the Games, and things such as holding online seminars, creating content, and sharing information about measures against COVID-19 were conducted as initiatives amid the coronavirus crisis.
- As an initiative of “Sport for Tomorrow”, and together with Agitos Foundation and the JPC, “Road to Tokyo 2020”, which was a programme for cultivating human resources related to the Paralympic sports, was conducted with the aim of further development of the Paralympic movement as a result of the Tokyo 2020 Paralympics.
- In the two training sessions that were held under this programme, a total of 22 people from the Asian region and 78 people from each National Paralympic Committee (hereinafter referred to as the “NPC”) participated, and things such as the newest methods of providing guidance for athletes were shared for 7 sports (judo, Para taekwondo, Para archery, Para powerlifting, Para badminton, Para swimming, and Para table tennis).
- Further, there was collaboration with a sports international contribution project by “Sport for Tomorrow”, which was promoted by the national government and utilised knowhow as an advanced sports country, a project for training sessions was functionally and regionally complemented, and as a result, the same kinds of activities as the programmes that Agitos Foundation conducted at the Rio 2016 Paralympic Games were handed down as legacies.
- For purposes such as conducting collaboration that surpasses organisations and expanding opportunities to transmit athletes’ voices, three organisations consisting of the Tokyo 2020 Organising Committee, the JOC,

and the JPC jointly held Athletes' Commission meetings, and created situations for the Athletes' Commission members to exchange their opinions, and that became a scheme for collaboration by each Athletes' Commission.



4. Key achievements and outcomes

- Materialisation of a society in which everyone plays, watches, or supports sports
 - The ratio of people who conduct sports, which was 42.5% in 2016, became 59.9% in 2020.
 - Of companies that make efforts for health management by which management of employees' health will be strategically practiced from a management perspective, the ratio of companies that are supporting establishment of exercise habits by employees was 64.6% in 2016, but in 2020 it improved to 95.0%.
 - The ratio of people who directly watched sports on-site in a one-year period was 24.7% in 2016 and improved to 26.8% in 2019, but in 2020 it declined to 21.1%. The ratio of people who watched sports on television or the Internet was 68.1% in 2016 and also improved to 75.7% in 2019 but declined to 66.8% in 2020.
 - The ratio of people who participated in volunteer activities related to sports in a one-year period was 6.1% in 2016, but it became 9.7% in 2020.
 - The ratio of people who consider exercise or sports important for themselves improved from 66.0% to 74.9%.
- Materialisation of a society in which athletes flourish
 - For the purposes of having athletes find employment and thereby stabilise their daily lives, cultivating a feeling of belonging, and raising morale, since 2010 the JOC has been providing career support so that top athletes can become independent as working adults. That support includes conducting various types of training projects such as "athnavi", which is a free employment placement project that conducts matching with companies that want to hire athletes and builds a win-win relationship for both parties (total results of September 2021: 207 companies and 330 people), "athnavi NEXT", which provides support for a second career for athletes after they finish their playing careers, and "self-analysis", "setting of goals", "team-building", "compliance training", and "media training" under the strengthening slogan of "there is no improvement of competitiveness without human skills".
 - The JOC worked together with athletic organisations to scout talented

junior athletes from throughout Japan, and based on the consistent guidance systems that athletic organisations have, the JOC operated the JOC Elite Academy, which develops top athletes who will be able to flourish in future Olympics and other international athletic matches. At the Tokyo 2020 Games, ten people who had received training at the Academy participated and nine people won Olympic medals and Olympic diplomas, included three gold medals, one silver medal, and one bronze medal.

- At the National Sports Festival, from among the Olympic sports and events, efforts were made to introduce, as official sports and beginning with the 71st Festival (Iwate National Sports Festival) in 2016, sports, events, and disciplines that had not yet been conducted at the National Sports Festival, and the eight sports and nine events of the initial plan were introduced by the 74th Festival (Ibaraki National Sports Festival) in 2019.
- Based on consignment by Japan Sport Council (hereinafter referred to as “JSC”), JSPO collaborated with related organisations and groups such as the JOC, the JPC, and Japan Sports Agency, in 2017 it began the project “Japan Rising Star Project (J-STAR Project)” for the purpose of scouting next-generation athletes, and through a scouting project on a nationwide scale, it scouted athletes who will flourish in things such as international matches.
- Use of the Paralympics as an opportunity to promote sports for people with disabilities
 - Thanks to the promotional activities, the percentage of people with disabilities who conducted sports improved from the 20.8% of 2017 to 24.9% in 2020.
 - Because of things such as the fact that live broadcasts of the Tokyo 2020 Paralympic Games increased by 50% in comparison to the previous Rio 2016 Paralympic Games, improvement of citizens’ level of awareness about sports for people with disabilities can be expected.

5. Legacies

(1) Improvement of the ratio of people who conduct sports

- As a result of the national government and the Tokyo Metropolitan Government making efforts, because of the Games, for citizens’ exercise in order to improve the ratio of people who conduct sports, the ratio of people who conduct sports, which was 42.5% in 2016, became 59.9% in 2020, as stated above, despite the fact that it was during the coronavirus crisis.
- Particularly among people in the prime of their working life, the Tokyo 2020 Games resulted in establishment of “Sport in Life”, in which sports are

naturally included in daily life.

(2) Extension of healthy longevity, and improvement of the quality of citizens' daily lives

- Many people say that their reason for conducting sports is “for health” or “for maintenance or improvement of physical fitness”, and it is hoped that improvement of the ratio of people who conduct sports will have an effect of shrinking the difference (8.84 years for men; 12.34 years for women) between average life span and healthy longevity.
- Amid the arrival of an era when people live for 100 years, it is hoped that, as a result of improvement of the ratio of people who conduct sports, physical fitness for the purpose of living a healthy and energetic life will be maintained, with no reduction of the quality of daily life.

(3) Promotion of athletes' development and activities, and ensuring sports integrity

- A sustainable system has been built for improvement of competitiveness, such as collaborating with athletic organisations and areas to scout and cultivate next-generation athletes.
- There was expansion of the scenes, other than competition (the world of sports), in which athletes who have conducted extensive training and flourished in competition exert influence, such as a wide variety of activities in various places in society, and information transmission using SNS.
- Activities by athletic organisations and other sports organisations expanded, governance and the ability to take action rose, and progress was made for awareness improvement and initiatives for the purpose of ensuring sports integrity (sincerity, soundness, and decency in sports).

(4) Expansion of the fan base for sports for people with disabilities, environment preparation, and approaches for creation of a symbiotic society

- The level of awareness about the Paralympic sports and events and other sports for people with disabilities increased, and there was an increase in the number of people who became fans or supporters.
- As a result of the national government's expansion of the National Training Center (hereinafter referred to as the “NTC”), integrated strengthening of competitiveness of the Olympic sports and the Paralympic sports was promoted.
- Progress was made in things such as securing of places for conducting sports for people with disabilities and cultivation of human resources, and there was also further preparation of an environment in which both people with disabilities and people who don't have disabilities can become familiar with sports on a daily basis in a nearby area.

- Understanding about people with disabilities deepened through things such as the success of the Tokyo 2020 Paralympic Games and improved awareness about sports for people with disabilities, and that led to not only the hard aspect of making things barrier-free, but also to elimination of awareness barriers, and contributed to formation of a foundation for a symbiotic society.
- It is hoped that, as a result of designating August 24 as Japan Paralympic Day, the increased momentum of the Tokyo 2020 Paralympic Games will lead to a movement and will cause development as a legacy of the Games.

6. Case Studies

<Tokyo 2020 School Sports Day Project>

- Project overview
Initiatives related to the Olympics and the Paralympics for things such as sports festivals were solicited from schools throughout Japan, screening was conducted, and then awards were given for outstanding initiatives and the initiatives' content was expanded throughout Japan.
* Sponsor: The Tokyo 2020 Organising Committee
Supporters: Japan Sports Agency, the JOC, JPSA, the JPC, JSPO
- Key achievements
 - There were applications for 125 programmes at 80 schools for spring sports festivals, and 118 programmes at 48 schools for fall sports festivals.
 - A total of 20 outstanding schools were given awards. In addition, outstanding initiatives were introduced on places such as the official website.
- Legacy
Various programmes were shared with schools throughout Japan, and there was promotion of implementation of sports festival performances that used originality and ingenuity.

<Online Exchange Event by the Athletes' Commission>

1) Tokyo 2020 Athletes' Commission Online Talk Session

- Project overview

An online exchange event was held by Tokyo 2020 Athletes' Commission Chairperson Naoko Takahashi, Vice Chairperson Junichi Kawai, and children of the City of Yokohama's Minami Yoshida Elementary School. For exercise that takes measures against COVID-19 into consideration, presentations of sports festival performances that the children's representatives thought of themselves were made to the Athletes' Commission. A gesture game for guessing the names of the 55 sports that would be conducted at the Tokyo 2020 Games was also conducted, and exchanges with the children were deepened.



2) Online exchange event jointly held by the Athletes' Commissions of Tokyo 2020, the JOC, and the JPC: A talk event that connects everyone

- Project overview

An online exchange event was jointly held by the Tokyo 2020 Organising Committee, the JOC, and the JPC, and exchanges were conducted by their respective Athletes' Commission members and children of Musashino Higashi Elementary School.

There was participation by member Akiko Sekine and member Aki Taguchi from the Tokyo 2020 Athletes' Commission, member Takahisa Oguchi from the JOC Athletes' Commission, and Chairperson Hiroyuki Misaka from the JPC Athletes' Commission, and in addition to the initiatives of Musashino Higashi Elementary School, those people provided stories about their experiences of participating in the Olympics and the Paralympics.

- Key achievements

- Children made presentations to the Athletes' Commission about sports festival performances that they thought of themselves.
- It was possible to improve children's awareness about participation in the Games by conveying athletes' own competition experiences to children.

- Legacy

A new form of exchanges between athletes and children that utilises an online format has been presented, and new initiatives that utilise that form are being developed within schools.



<Promotion of Para sports>

- Project overview

With the aim of using the Games as an opportunity to have Para sports take root in society, the Tokyo Metropolitan Government transmitted the appealing aspects of the Paralympics through things such as competition experiences.

- NO LIMITS CHALLENGE

A programme in which it was possible to experience the appealing aspects of the Paralympics, through things such as Paralympic Games experiences, exhibits of panels and sports equipment, and talk shows by athletes

- TEAM BEYOND

A project in which all kinds of members, including people who conduct sports, people who watch sports, and people who support sports, come together as a team and raise excitement about Para sports, for the purpose of increasing the number of people who support Para sports

- Key achievements

- NO LIMITS CHALLENGE

Conducted in all of the municipalities within Tokyo

- TEAM BEYOND

Company/organisation registration: 372 organisations;
Number of registered people: Approx. 1.35 million people
(September 2021)

- Legacies

- Contribution was made to creation of a Paralympic movement, through things such as improvement of the level of awareness about the Paralympic sports.

- Contribution was made to establishment of Para sports in society, through things such as citizens watching Para sports competitions, and support by companies and organisations.

<Promotion of measures to prevent second-hand smoke>

- Project overview and achievements
From the perspective of improving citizens' health, and as the host city for the Olympics and the Paralympics, Tokyo promoted measures to prevent second-hand smoke, such as establishing an ordinance, making the public aware of that ordinance, and providing support for preparation of public smoking places.
 - Establishment of the "Tokyo Metropolitan Ordinance to Prevent Exposure to Second-Hand Smoke" in 2018
 - Full enforcement of the "Tokyo Metropolitan Ordinance to Prevent Exposure to Second-Hand Smoke" in 2020
- Legacy
There was preparation of an environment that will not cause second-hand smoke to occur even for people who have difficulty avoiding second-hand smoke by their own intent and, as a result of promotion of citizens' understanding about second-hand smoke, health damage was prevented and contribution was made to materialisation of a city in which everyone can live pleasantly.

<Health and Physical Fitness Management Plan for Children of Fukushima>

- Project overview
This is an initiative that Fukushima Prefecture conducted for children and students of public elementary schools within the prefecture. The initiative utilises a "personal notebook" that is unique to Fukushima Prefecture and in which the new physical fitness test and medical examination results are recorded from elementary school through high school, children and students each set their own "personal best goals", and teachers support each child or student's initiatives. This initiative has obtained "beyond 2020 Be My Best Programme" certification.
- Key achievements
 - 180,000 children and students from public schools in Fukushima Prefecture participated.

- The numerical values for each item of the new physical fitness test improved in comparison with the previous year.
- Legacy
As a result of the Tokyo 2020 Games, children's and students' exercise habits were established, and the Games led to improvement of children's and students' awareness about health.

<Muscle Stockpiling Project>

- Project overview
For the purpose of creating physical strength so that people can continue to move throughout life, Japan Health Promotion & Fitness Foundation is collaborating with comprehensive local sports clubs throughout Japan, and with health and exercise instructors who can safely and effectively provide guidance even to people who are at high risk because of advanced age or taking medicine, to establish a base for exercise to stockpile muscles and create nearby places where it is possible to continuously exercise.
- Key achievements
Targeting elderly people whose amount of physical activity declined amid the coronavirus crisis, the project was jointly held with 9 sports clubs throughout Japan and conducted at 13 venues, and more than 2,000 elderly people participated. As a result of measurement of physical strength, muscular strength improved at many sports clubs.
- Legacy
The Games led to elderly people becoming aware of their own bodies and putting exercise into practice, based on the key phrase "stockpiling muscles".

<Fitness Legacy 2020>

- Project overview
Japan Health Promotion & Fitness Foundation and other organisations used the Tokyo 2020 Games as an opportunity to hold Fitness Legacy 2020 for the purpose of contributing to improvement of citizens' health. Exercise instructors from throughout Japan worked together with participants to create original fitness dance routines, and it was a competition enjoyed by posting the dance routines on YouTube.
- Key achievements

1,125 people from throughout Japan participated, and 73 new dance routines for improving health were created.

- Legacy

As a result of the instructors and the participants working together to create videos, exercise became something that was more familiar to them. Anyone can watch these videos and exercise with them at any time as they have been made public on the Internet.