



# 健康で生きがいの 持てるまち

子どもから高齢者までがここに住んで本当によかったと思える、  
明るい笑顔があふれるまちを描いています。

A town provides residents' health and motivation in life  
We are going to draw a town where everyone from the children to elders is able to feel "this is a good place to live" with a bright smile.



## 優遊健康遊具

於大公園の屋外健康施設で、高齢者の方々が健康維持の体操にこいそんでいます。楽しく遊びながら行うことが長続きの秘訣です。

**Yu Yu Fitness Equipment**  
At this outdoor health facility located in Odai Park, senior residents enjoy exercising to keep their health. The secret of keeping their health is to have fun!

## 健康体操の集い

保健センター主催の教室・講座修了生による自主活動グループが多数あり、年1回の健康体操の集いで交流を深めています。

**Health Exercise Gatherings**  
There are several voluntary activity groups organized by trained members of classes and seminars put on by health centers, and each year they all gather for a large exercise session, wherein their interaction and friendship is deepened.



## ウォーキングコース

各地区および於大のみち周辺にウォーキングコースが設置されており、自宅近くで手軽に健康管理をしながらウォーキングができます。

**Walking Course**  
Walking Courses are prepared in each area and in Odai road. It enables residents to maintain their health easily at the near place from the home.



## 保健センター

生活習慣病対策としての各種事業や乳幼児健診を定期的実施し、乳幼児から高齢者までの健康づくりの活動を進めています。

**Health Center**  
Health center convenes a periodical medical examination and various projects as a provision of lifestyle disease to keep everyone from babies to senior residents in good health.



## あいち健康の森

東浦町と大府市にまたがる100haの広大な公園で、県民の健康づくりの拠点として東浦町側に創られた「あいち健康プラザ」には「健康開発館」「健康科学館」「健康情報館」「健康宿泊館」の4つの施設があります。

**Aichi Health Village**  
This sprawling 100 hectare park straddles Higashiura Town and Obu City, a center for maintaining Prefectural citizens fitness. Four facilities reside in the Aichi Health Plaza on the Higashiura side: "Health Development Hall", "Health Science Center", "Health Information Hall", and "Health Lodging House."



## 区民体育祭

毎年10月に各地区で行われます。子どもから大人までみんなで楽しんでいます。

**Residents' Athletic Festival**  
This festival is held every October in each area. Everyone from children to adults enjoy this event.

