

Promoting Health and Wellness the NSK Way

■ Focusing on health, communication, and team spirit!

Exercise × Workplace Communication

Walking activities are held regularly. By encouraging participation at each workplace, the activities become a shared topic of conversation. During the activity period, participants' average daily step count increased by approximately 1,800 steps.



Salt Reduction (Nutrition) × Smiles

The company cafeteria is a place of relaxation where employees gather. By introducing reduced salt options for popular menu items, we simultaneously spark conversation, promote awareness and encourage reduced salt intake. During the activity, the cafeteria usage rate increased by an average of 4%.



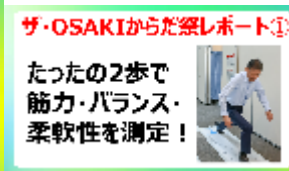
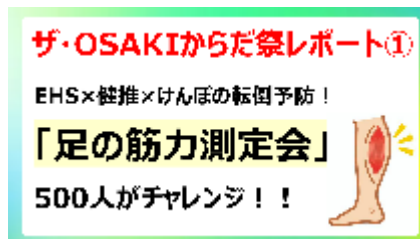
Smoking Cessation × Team Spirit

This event is a pair activity. Employees who wish to quit smoking team up with those who want to support them, forming two-person teams to take on the challenge together. Having a committed supporter raises the smoking cessation success rate to over 80%.



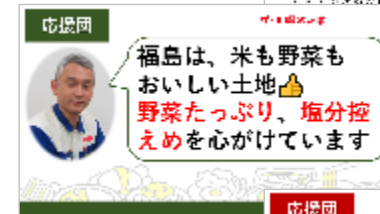
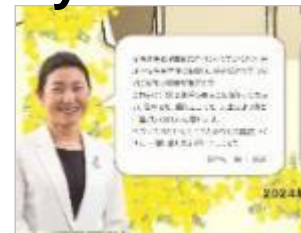
■ Collaboration with Other Departments and Themes

- Exercise × Promoting the NSK Corporate Philosophy and Vision
- Exercise × AI Utilization Awareness
- Regular Health Checkups × Safety (Fall Prevention)
- Women's Health × Promotion of Women's Career Advancement
- Midlife Hormonal Changes (Women and Men) × Age Diversity
- Fertility Treatment × Work-Life Balance Support



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■Senior Management as the Support Team



■Other “Plus One” Initiatives

- Health and Wellness Committee (NSK Occupational Health and Safety Council)
Representatives of labor and management from each business site, including group companies, meet twice a year
- Business partners and employee family members are also invited to NSK health promotion seminars

FY2024 seminar theme: Sleep

FY2025 seminar theme: Summer heat and fatigue

- Employee seminar archives and materials also made available to their families
Theme: Coping with caregiving stress
- Lighthearted and humorous smoking cessation awareness campaigns
- Every 22nd of the month is Quit Smoking Day (banners put up)



Smoking cessation awareness through digital signage



“Quit Smoking” banners displayed