CLAIMS

1. An agent for promoting physical activity, comprising *Lactobacillus gasseri* as an active ingredient.

2. An agent for promoting physical activity comprising, as an active ingredient, at least one treatment product of *Lactobacillus gasseri* selected from a culture, concentrate, paste, spray-dried product, freeze-dried product, vacuum-dried product, drum-dried product, liquid, diluted product, and crushed product of the lactobacillus.

3. The agent for promoting physical activity of claim 1 or 2, wherein the promotion of physical activity is an increase in the amount of activity of a subject.

4. The agent for promoting physical activity of claim 1 or 2, wherein the promotion of physical activity is an increase of muscle mass in a subject.

5. The agent for promoting physical activity of any one of claims 1 to 4, wherein the *Lactobacillus gasseri* is *Lactobacillus gasseri* OLL2809 deposited under the accession number NITE BP-72.

6. A food composition for promoting physical activity, comprising an effective amount of the agent for promoting physical activity of any one of claims 1 to 5.

7. Use of the agent for promoting physical activity of any one of claims 1 to 5 in the production of a food composition for promoting physical activity.

8. The use of claim 7, wherein the food composition for promoting physical activity is: an infant formula, food for young children such as powdered milk, food for breastfeeding women such as powdered milk, health-promoting food, food for sick people, or fermented milk.

9. A method for promoting physical activity, comprising administering *Lactobacillus gasseri* or a treatment product thereof.

10. A method for producing a food composition for promoting physical activity, comprising using *Lactobacillus gasseri* or at least one treatment product selected from a culture, concentrate, paste, spray-dried product, freeze-dried product, vacuum-dried product, drum-dried product,

liquid, diluted product, and crushed product thereof.

CLAIMS

1. A non-therapeutic method for promoting physical activity, comprising administering *Lactobacillus gasseri*.

2. A non-therapeutic method for promoting physical activity, comprising administering at least one treatment product of *Lactobacillus gasseri* selected from a culture, concentrate, paste, spray-dried product, freeze-dried product, vacuum-dried product, drum-dried product, liquid, diluted product, and crushed product of the lactobacillus.

3. The non-therapeutic method for promoting physical activity of claim 1, wherein the *Lactobacillus gasseri* is in a form of lactobacillus suspension or a lactobacillus fermentation product.

4. The non-therapeutic method for promoting physical activity of claim 3, wherein the lactobacillus fermentation product is lactobacillus beverages, sour milk, or yogurt.

5. The non-therapeutic method for promoting physical activity of claim 1 or 2, wherein the *Lactobacillus gasseri* or the treatment product of *Lactobacillus gasseri* is configured as a food/drink.

6. The non-therapeutic method for promoting physical activity of claim 5, wherein the food/drink is food for special dietary use or nutrition-promoting food.

7. The non-therapeutic method for promoting physical activity of claim 1 or 2, wherein the *Lactobacillus gasseri* or the treatment product of *Lactobacillus gasseri* is added to food or drink.

8. The non-therapeutic method for promoting physical activity of claim 7, wherein the food or drink is selected from the group consisting of milk, processed milk, milk beverages, soft drink, fermented milk, yogurt, cheese, bread, biscuit, cracker, pizza crust, ice cream, candy, gummy candy, gum, formula milk, fluid diet, food for sick people, food for young children, powdered milk, food for breastfeeding women, nutritious food.

9. The non-therapeutic method for promoting physical activity of any one of claims 1 to 8, wherein the administration is an oral administration.

10. The non-therapeutic method for promoting physical activity of any one of claims 1 to 9, wherein the promotion of physical activity is an increase in the amount of activity of a subject.

11. The non-therapeutic method for promoting physical activity of claim 10, wherein the increase in the amount of activity is a rate of change in the amount of locomotor activity of greater than 0%.

12. The non-therapeutic method for promoting physical activity of claim 10, wherein the increase in the amount of activity is measured by using metabolic equivalents (METs).

13. The non-therapeutic method for promoting physical activity of any one of claims 1 to 9, wherein the promotion of physical activity is an increase of muscle mass in a subject.

14. The non-therapeutic method of promoting physical activity of any one of claims 1 to 13, wherein the *Lactobacillus gasseri* is *Lactobacillus gasseri* OLL2809 deposited under the accession number NITE BP-72.