

FIG. 1

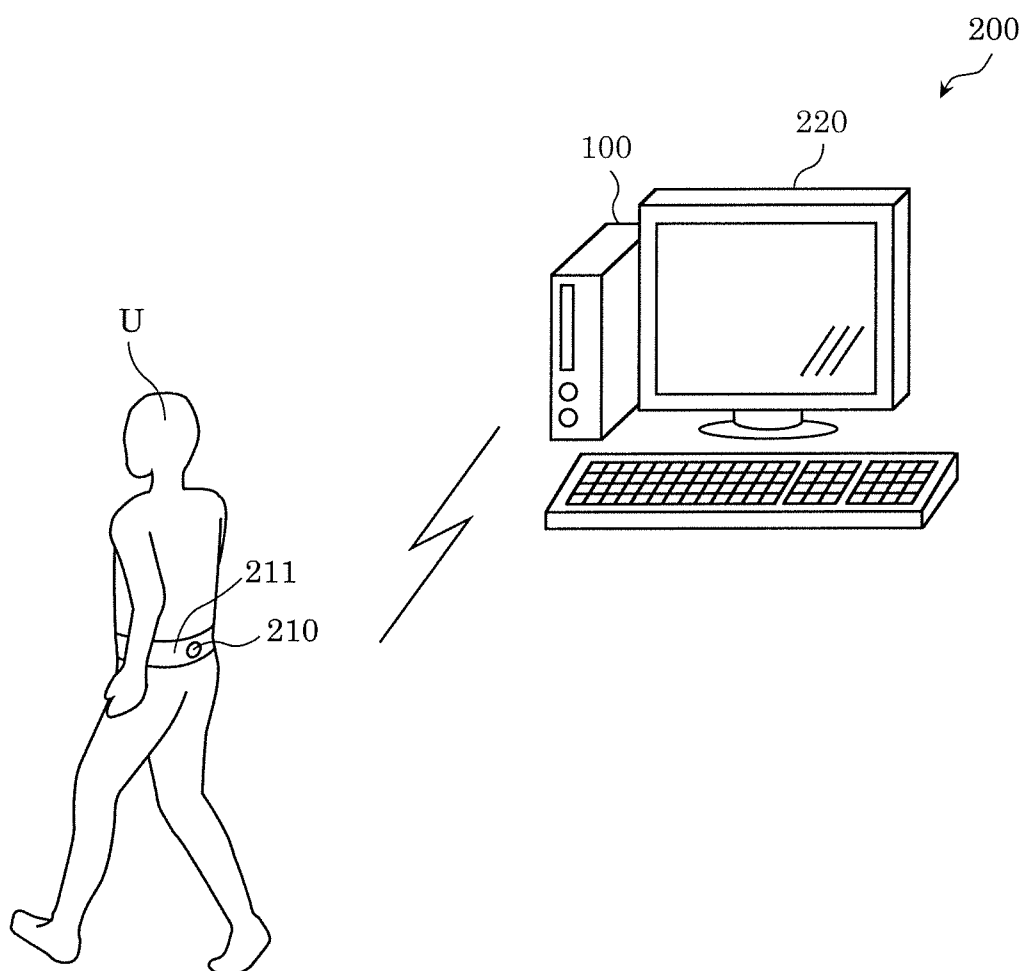


FIG. 2

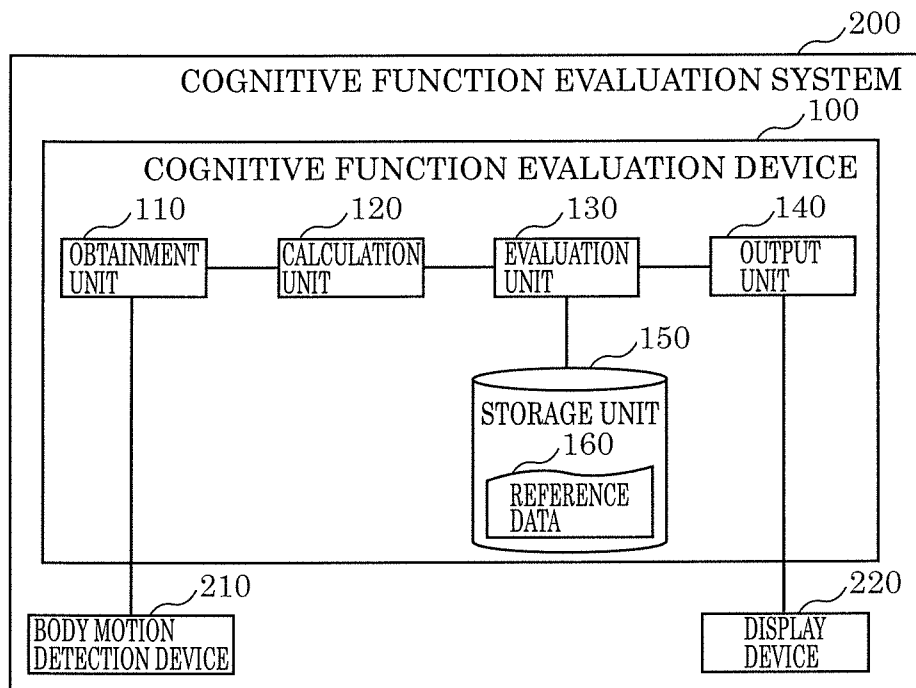


FIG. 3

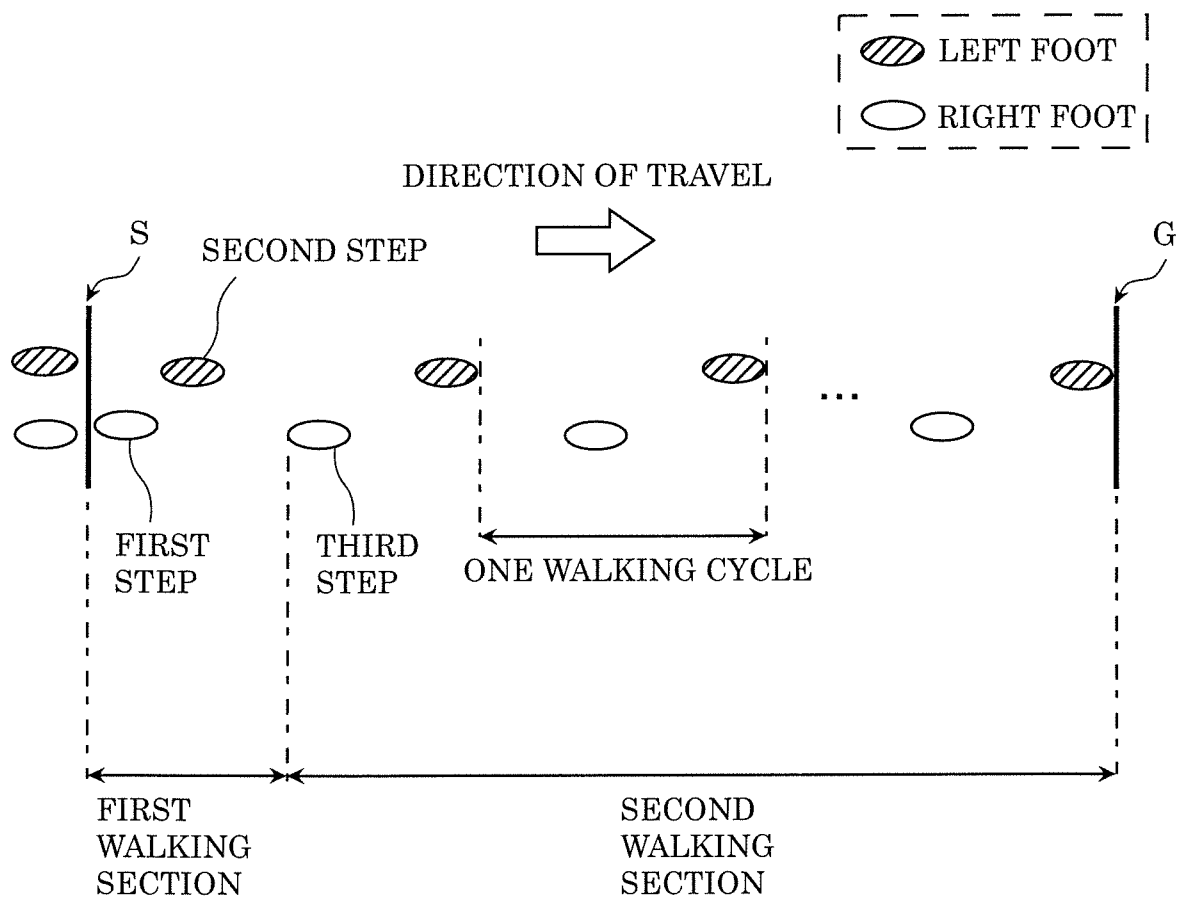


FIG. 4

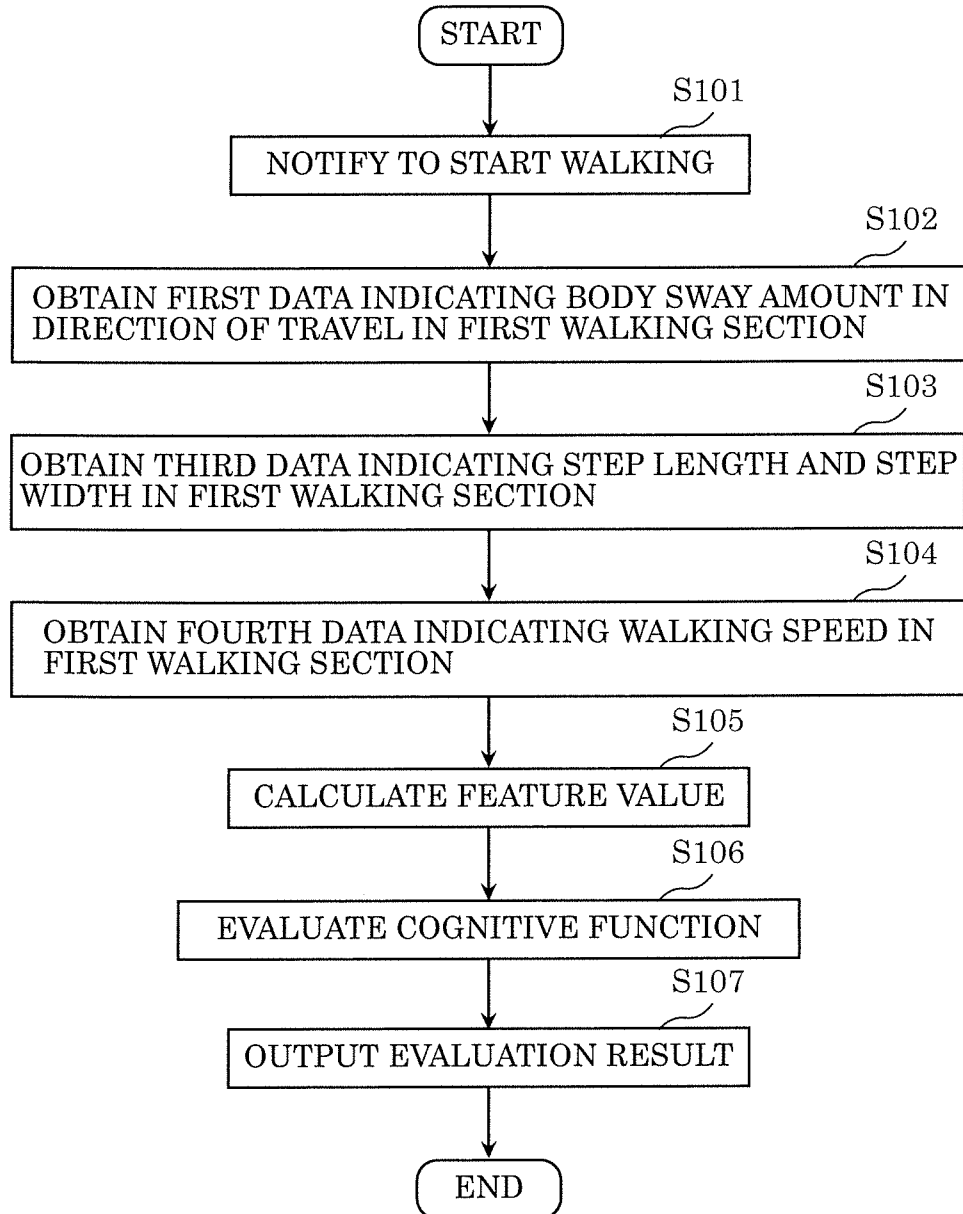


FIG. 5A

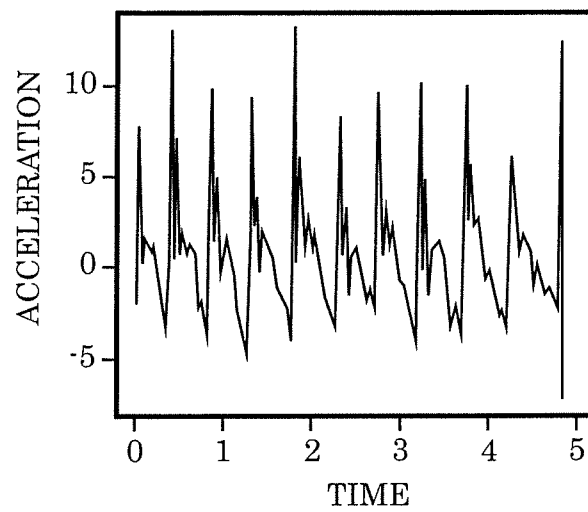


FIG. 5B

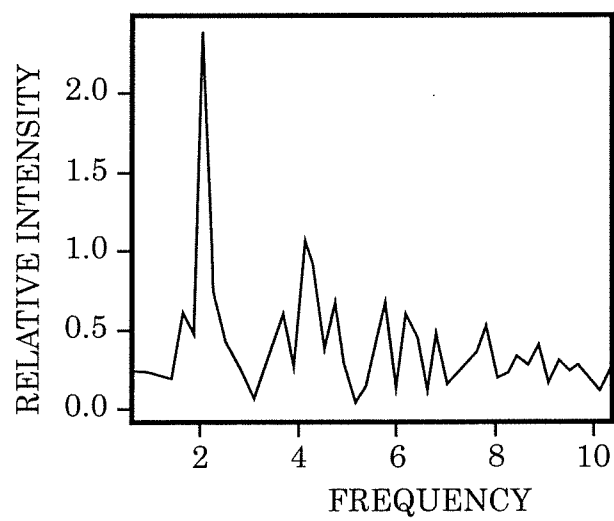


FIG. 6A

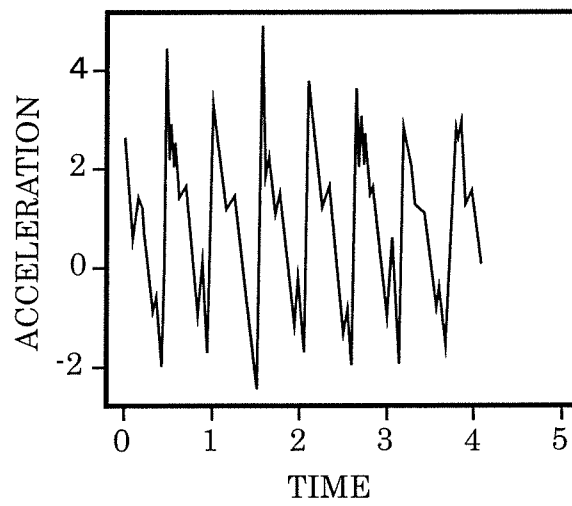


FIG. 6B

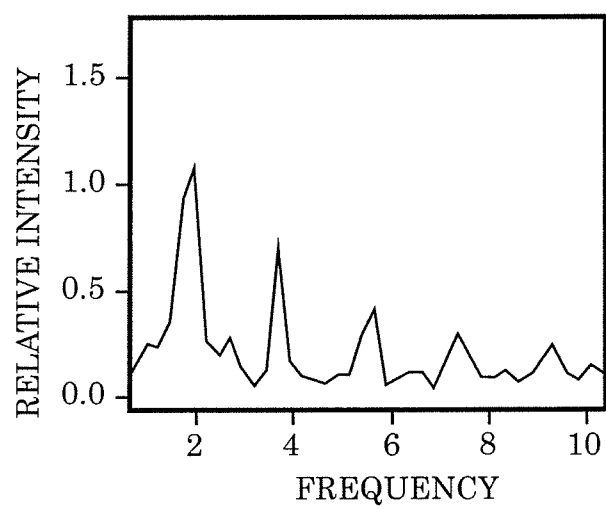


FIG. 7

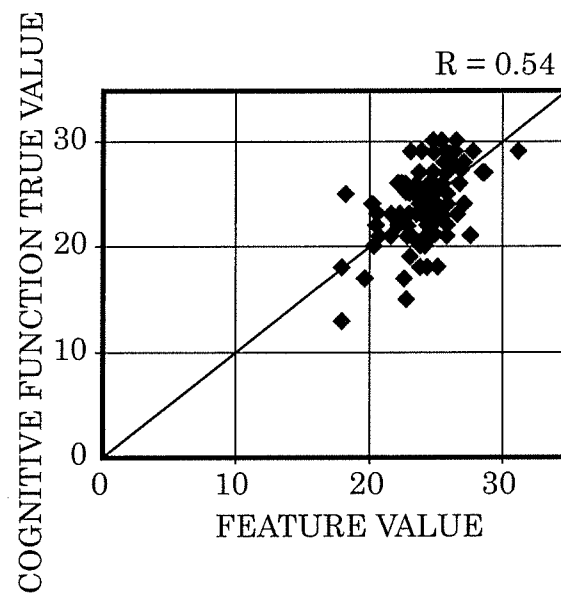


FIG. 8

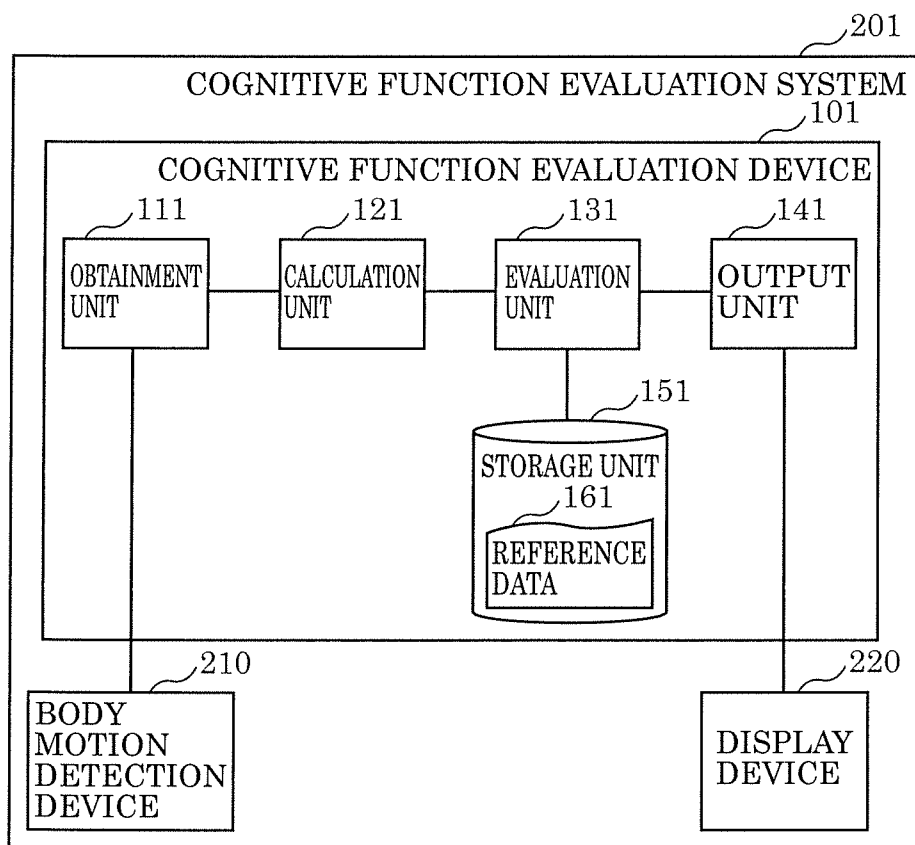


FIG. 9

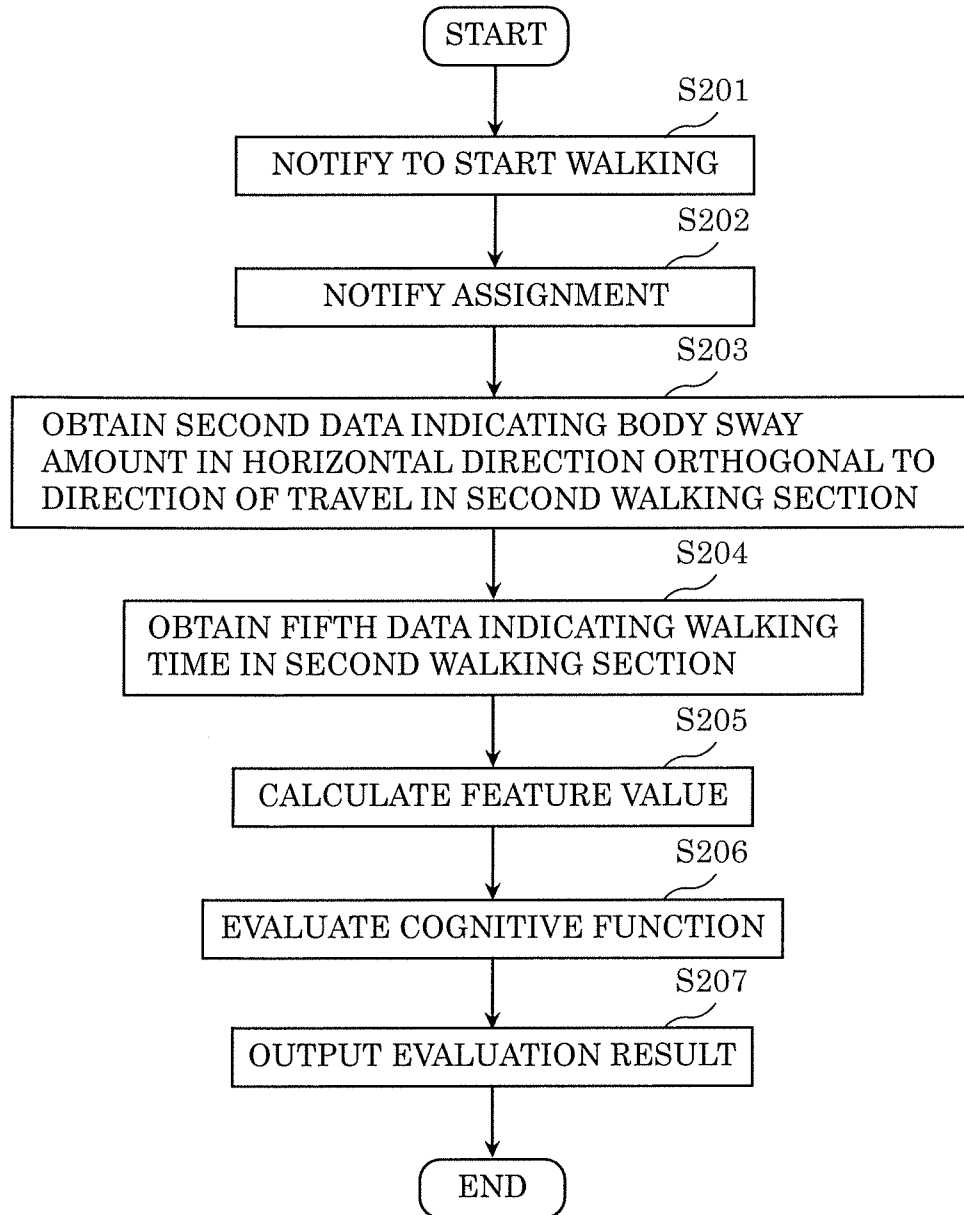


FIG. 10

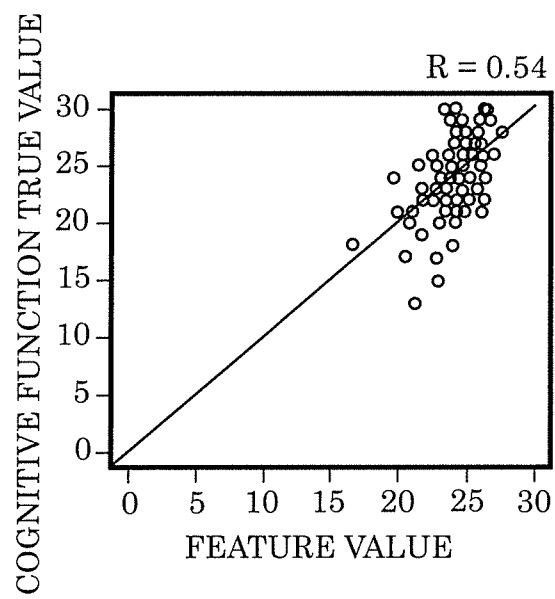


FIG. 11

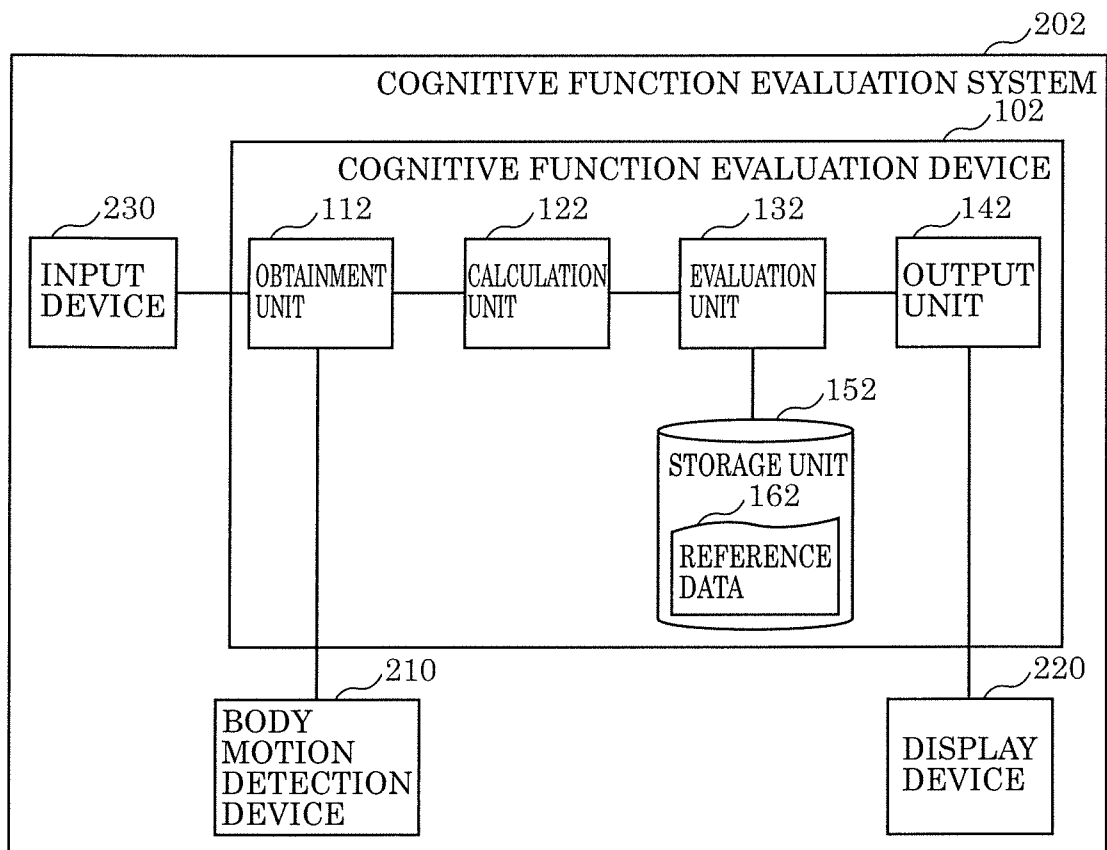


FIG. 12

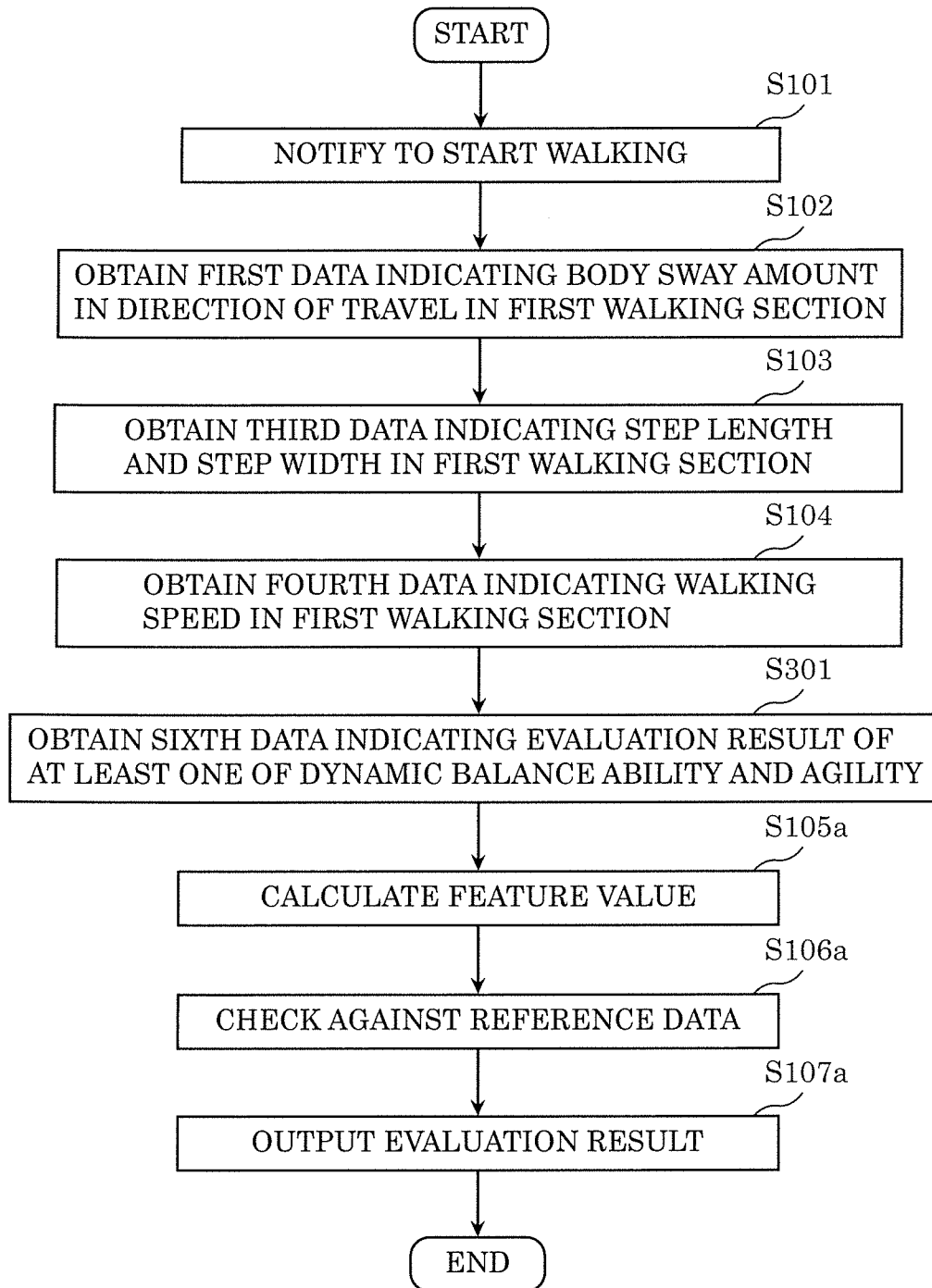


FIG. 13

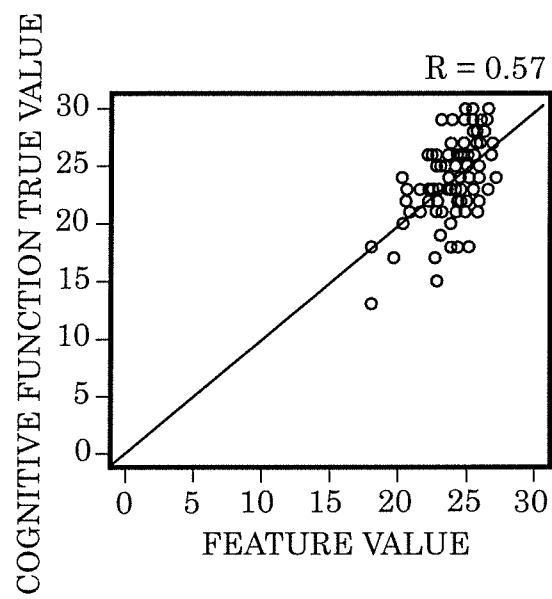


FIG. 14

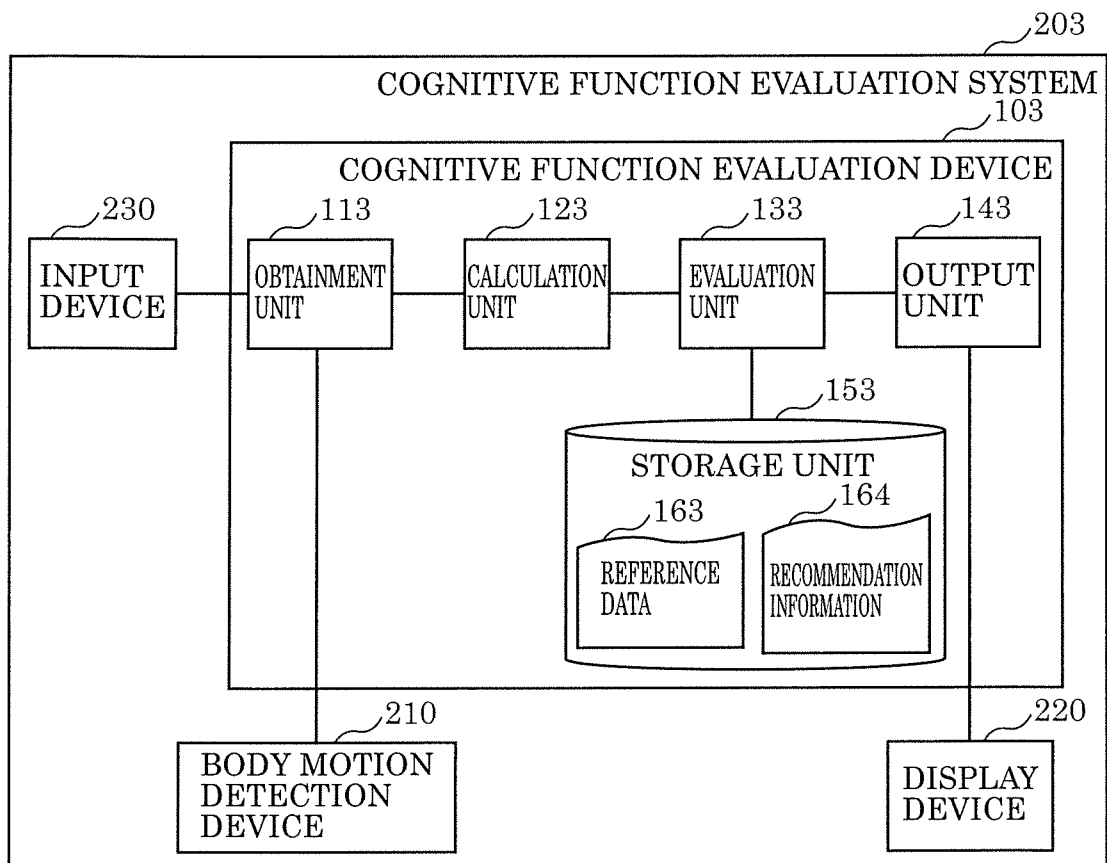


FIG. 15

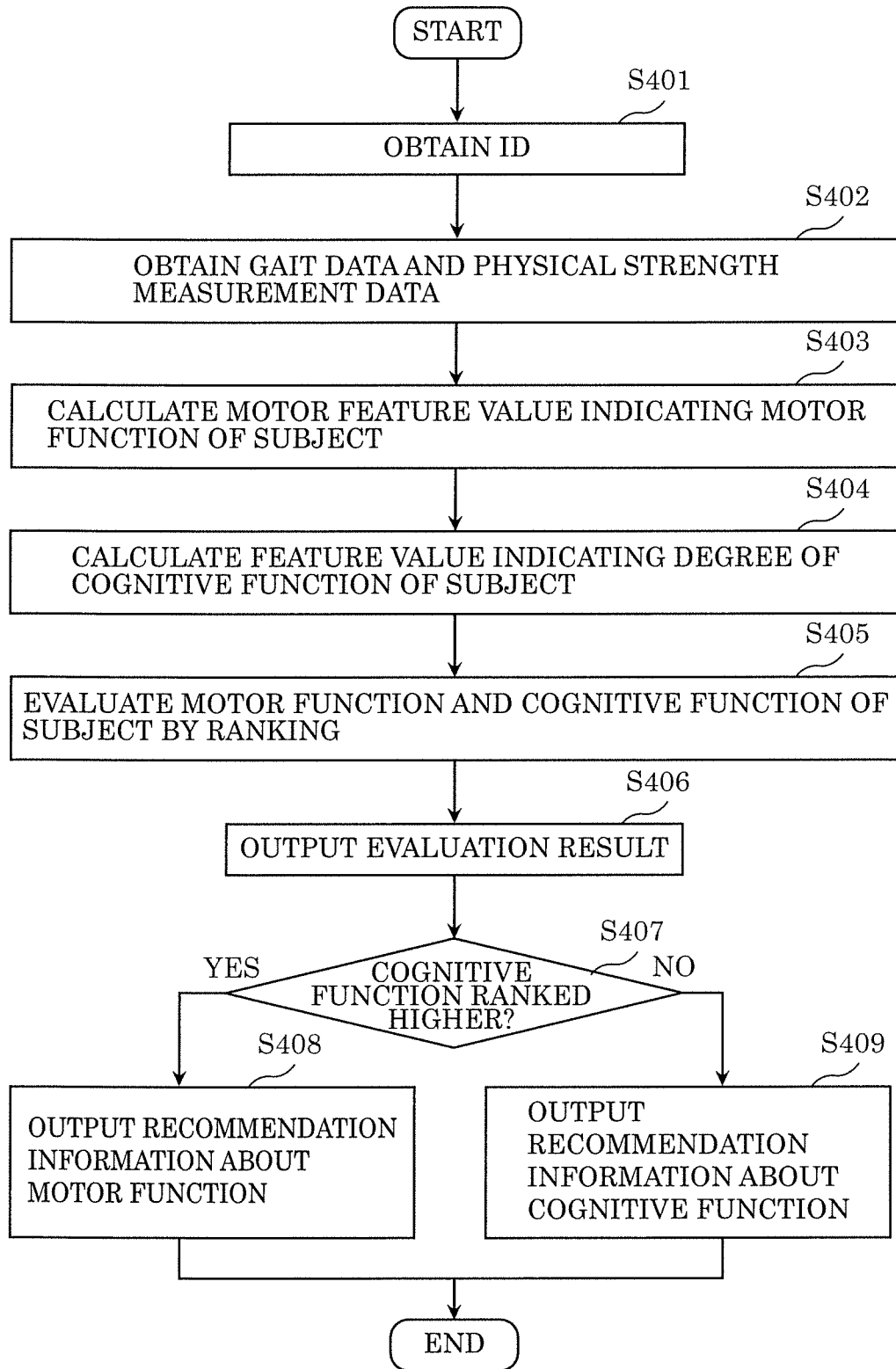


FIG. 16A

400

401 ID INPUT

00000000

1 2 3 4 5 6 7 8 9 0 ERASE CHARACTER

HEIGHT 165 cm

AGE

MALE FEMALE

402 MEASUREMENT VALUE INPUT

IMPORT SAVE ALL END PHOTOGRAPH HISTORY

FIG. 16B

411

410

INPUT MEASUREMENT RESULTS

Timed up & go

5.3

SECONDS

1

2

3

FUNCTIONAL REACH

45.0

cm

4

5

6

SINGLE-LEG STANDING WITH OPEN EYES

19.0

SECONDS

7

8

9

GRIP STRENGTH

35.0

kg

.

0

ERASE CHARACTER

5m WALKING

8.1

SECONDS

STEPPING

20

TIMES

ID INPUT

USB READ

PHOTOGRAPH

NEXT

17/22

FIG. 16C

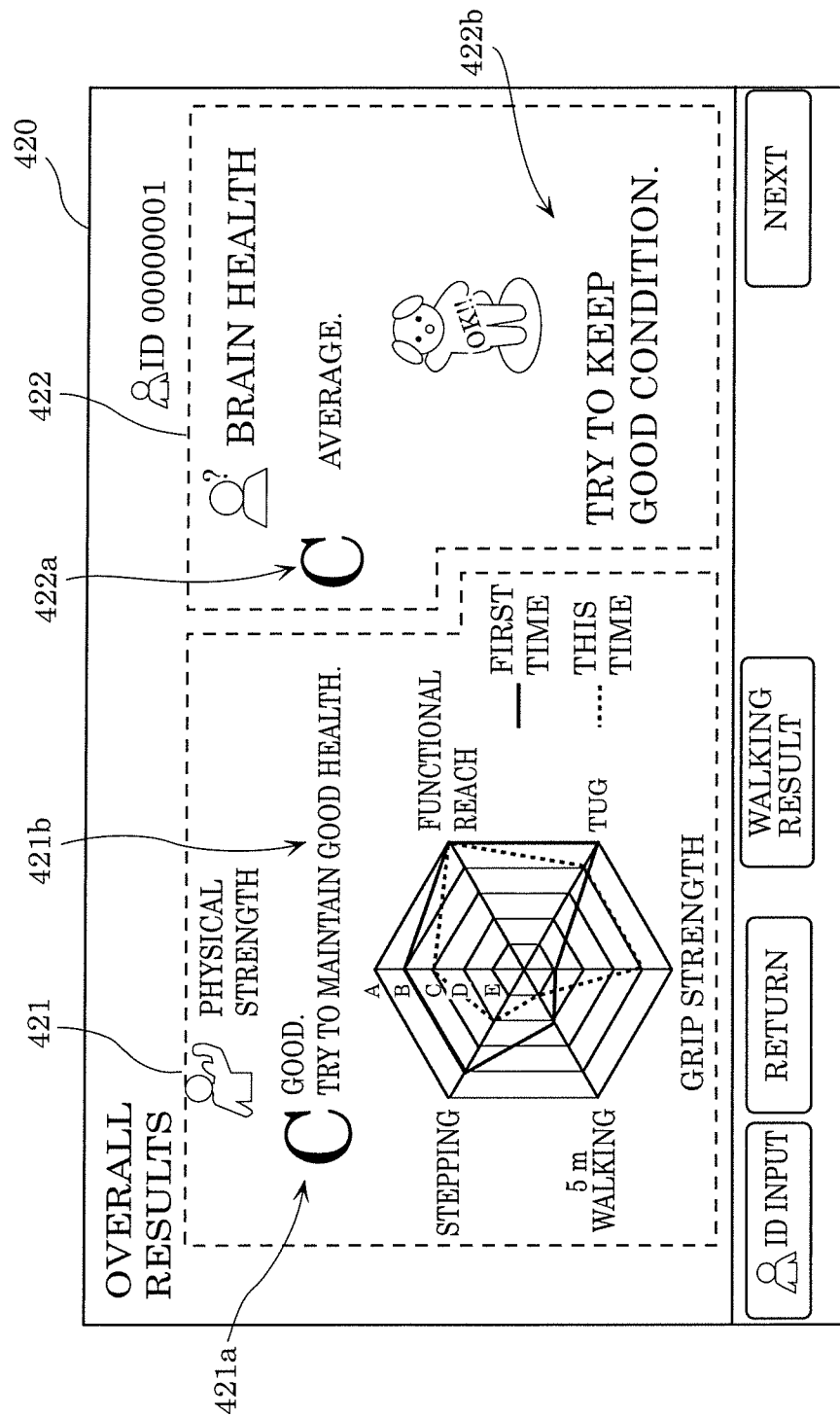
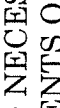
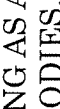


FIG. 16D

430

## RECOMMENDATIONS

|                                                                                                   |                                                                                                          |                                                                                                         |                                                                                                 |
|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| <b>DIET</b><br> | <b>EQUIPMENT</b><br> | <b>EXERCISE</b><br> |  ID 00000001 |
|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|

431

**YAMAIMO, OKRA, NATTO  
(GLUCOSAMINE & CHONDROITIN)**

STICKY FOODS SUCH AS YAMAIMO ARE RICH IN NUTRIENT AS MUCOPOLYSACCHARIDE SERVING AS AMINO ACID NECESSARY FOR OUR BODIES. SUPPLEMENTS OF GLUCOSAMINE & CHONDROITIN CAN MAKE UP FOR LACK OF NUTRIENT IN DIET.

  
 NATTO

  
 OKRA

  
 YAMAIMO

 ID INPUT

RETURN

 PRINT

FIG. 17

| ATTRIBUTE INFORMATION                       | PARAMETER                       | AGE                          | GENDER                       |                                     |                            |                    |                                    |                  |
|---------------------------------------------|---------------------------------|------------------------------|------------------------------|-------------------------------------|----------------------------|--------------------|------------------------------------|------------------|
|                                             | SYMBOL                          | Age                          | Gend                         |                                     |                            |                    |                                    |                  |
|                                             | MULTIPLE REGRESSION COEFFICIENT | C <sub>Age</sub>             | C <sub>Gend</sub>            |                                     |                            |                    |                                    |                  |
| PHYSICAL STRENGTH MEASUREMENT DATA          | PARAMETER                       | GRIP STRENGTH                | TIMED UP & GO                | STEPPING                            | 10m WALKING                | 5m WALKING         | SINGLE-LEG STANDING WITH OPEN EYES | FUNCTIONAL REACH |
|                                             | SYMBOL                          | Grip                         | TUG                          | Step                                | X10m                       | X5m                | PSP                                | FRT              |
|                                             | MULTIPLE REGRESSION COEFFICIENT | C <sub>Grip</sub>            | C <sub>TUG</sub>             | C <sub>Step</sub>                   | C <sub>X10m</sub>          | C <sub>X5m</sub>   | C <sub>PSP</sub>                   | C <sub>FRT</sub> |
| GAIT DATA                                   | PARAMETER                       | RIGHT-LEFT LOAD BALANCE      | RIGHT-LEFT HEIGHT BALANCE    | RATIO OF STEP WIDTH AND STEP LENGTH | LEFT HIP ROTATION          | RIGHT HIP ROTATION |                                    |                  |
|                                             | SYMBOL                          | WBL                          | TBL                          | DY                                  | L                          | R                  |                                    |                  |
|                                             | MULTIPLE REGRESSION COEFFICIENT | C <sub>WBL</sub>             | C <sub>TBL</sub>             | C <sub>DY</sub>                     | C <sub>L</sub>             | C <sub>R</sub>     |                                    |                  |
| ACCELERATION DATA IN FIRST WALKING SECTION  | PARAMETER                       | X-AXIS ACCELERATION INTEGRAL | Y-AXIS ACCELERATION INTEGRAL | Z-AXIS ACCELERATION INTEGRAL        | ACCELERATION NORM INTEGRAL |                    |                                    |                  |
|                                             | SYMBOL                          | Axi                          | Ayi                          | Azi                                 | Ai                         |                    |                                    |                  |
|                                             | MULTIPLE REGRESSION COEFFICIENT | C <sub>Axi</sub>             | C <sub>Ayi</sub>             | C <sub>Azi</sub>                    | C <sub>Ai</sub>            |                    |                                    |                  |
| ACCELERATION DATA IN SECOND WALKING SECTION | PARAMETER                       | X-AXIS ACCELERATION INTEGRAL | Y-AXIS ACCELERATION INTEGRAL | Z-AXIS ACCELERATION INTEGRAL        | ACCELERATION NORM INTEGRAL |                    |                                    |                  |
|                                             | SYMBOL                          | Axc                          | Ayc                          | Azc                                 | Ac                         |                    |                                    |                  |
|                                             | MULTIPLE REGRESSION COEFFICIENT | C <sub>Axc</sub>             | C <sub>Ayc</sub>             | C <sub>Azc</sub>                    | C <sub>Ac</sub>            |                    |                                    |                  |

FIG. 18

| RANK | RANGE                      | COMMENT                                                                                                                       |
|------|----------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| A    | $\text{EstM} > 28$         | VERY GOOD. TRY TO KEEP GOOD CONDITION.                                                                                        |
| B    | $28 \geq \text{EstM} > 25$ | GOOD. TRY TO KEEP GOOD CONDITION.                                                                                             |
| C    | $25 \geq \text{EstM} > 22$ | AVERAGE. TRY TO KEEP GOOD CONDITION.                                                                                          |
| D    | $22 \geq \text{EstM} > 20$ | ATTENTION IS REQUIRED TO SOME EXTENT. REGULAR EXERCISE WHILE USING YOUR HEAD, SUCH AS WALKING WHILE COUNTING, IS RECOMMENDED. |
| E    | $20 \geq \text{EstM}$      | ATTENTION IS REQUIRED. BRAIN CHECK TEST, ETC. ARE RECOMMENDED.                                                                |

FIG. 19

| AVERAGE<br>SCORE                 | RANK | COMMENT                                                              |
|----------------------------------|------|----------------------------------------------------------------------|
| 1.0 OR MORE AND<br>LESS THAN 1.5 | E    | WORK HARDER. TRY TO IMPROVE STRENGTH WHILE<br>AVOIDING FALLING, ETC. |
| 1.5 OR MORE AND<br>LESS THAN 2.5 | D    | WORK HARD. TRY NOT TO LOSE STRENGTH.                                 |
| 2.5 OR MORE AND<br>LESS THAN 3.5 | C    | GOOD. TRY TO MAINTAIN GOOD HEALTH.                                   |
| 3.5 OR MORE AND<br>LESS THAN 4.5 | B    | VERY GOOD. AIM FOR RANK A.                                           |
| 4.5 OR MORE AND<br>5.0 OR LESS   | A    | EXCELLENT. TRY TO MAINTAIN THIS CONDITION.                           |