

**Two seniors who are our customers for life. Talk about the secret of healthy aging.**

### **Our president visited 100years–old Ms. Kyoko Nakazono.**

On June 24, 2019, our president Masataka Shikanai visited Ms. Kyoko Nakazono, who lives in Tamana City, Kumamoto prefecture. She has just celebrated her 100th birthday.

At the age of 85, Ms. Nakazono was looking for something which helps to maintain good health, and she happened to read a newspaper article about our product. That was her first encounter with "HI-GENKI."

Since that day, she has never missed a day without "After meal HI-GENKI." She carries HI-GENKI with her wherever she goes. "This is the source of my vitality," she says.

She spends two hours reading newspapers every morning and exercises in the afternoon, such as using a balance ball, shaking her arms and legs, and stretching. She is not picky about what she eats, and always goes on foot using a walker, to an adult day service, and a senior citizen's club at the nearby community center.

She even rides a taxi by herself to get her hearing aid fixed.

Her 78 years old daughter says, "She is healthier than I am, always amazes me!" And 97 years old sister thinks she has to learn from her older sister to stay healthy.

Now they are following the path she has walked, eating HI-GENKI every day.



Ms. Nakazono gave president Shikanai advice in which she said, "You should exercise to strengthen your leg muscles."

It was a wonderful trip, and she empowered us so much!

### **An interview with Ms. Michiko Uetake, she has been taking HI-GENKI for the forty–seventh year straight.**

We had an interview with Ms. Michiko Uetake, who lives in Hokkaido. She has been taking our product ever since the company establishment and is now eighty years old, still full of energy, and teaching and dancing "Nihon-buyo" (classical Japanese dance).

#### **Here's what she told us...**

"It has been forty-seven years since I started eating HI-GENKI. I am now eighty and teaching Nihon-buyo.

I live in the Tokachi area in Hokkaido, and I also teach in Tokyo once a month.

The other day, I went to Kanazawa City which is quite far from where I live, and participated in a festival.

I danced for two straight hours."

"You may not believe it because I look quite healthy now, but I was concerned about my health forty-eight years ago. Just then, one of my

husband's peers (they are both osteopaths) introduced me to HI-GENKI, and I decided to give it a try.

I continued to eat it, and after a while, I was no longer worried."

"And I have found myself eating HI-GENKI for forty-seven years! People do get shorter in height as they age, but I haven't lost an inch just yet."

"Now, my goal is to celebrate my hundredth birthday, and I would like to continue dancing too. I am so grateful for being able to know HI-GENKI."



**Ms. Uetake on stage, dancing Nihon-Buyo.**