



Move Your Body! Japan!

MOMOIRO CLOVER Z × Japan Post Holdings Group

We all know health is important, but it's easy to put it off.

When you move your body freely—without being limited by time, place, or pace
—your heart will naturally follow.

That's why we're making daily exercise lighter and more fun!

Our goal is to help people of all ages across Japan live a healthier life, in both mind and body.
We want to make it easy for busy people today to incorporate exercise into their daily lives.

Japan Post Holdings energizes Japan through the power of sports.

Momoiro Clover Z has brought smiles to people all across Japan.

These two have now joined forces.

Together, we are launching 'Move Your Body! Japan!' to achieve these goals.



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**Sport
in Life
Award**

Winner of the 4th
"Sport in Life Award" Grand Prize,
sponsored by the Japan Sports Agency.



Winner of the "JAPAN CHILD CARE
ADVOCATE GRAND PRIZE 2025"
sponsored by Japan Child&Family-Support
Association.