

## Tips for maintaining my health

health

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Our company has grown as a pioneer in coffee service for offices. In the last fiscal year, the Corona disaster has severely damaged business in the United States, but Japan has been achieving 51 years of consecutive records with no profit loss since the foundation. We expect to attain the highest profits in Japan this fiscal year, and in the future, we hope to capture growth in each country in Asia, including Japan.

Over 50 years of history since founded in 1969, I have come to believe that the most important ability to continue business is to stay healthy. No matter how much sales or profits you have, if you are not healthy, your business will not last long. If you suffer bad condition, you will lose your energy, and if you are not motivated, you will not enjoy your work or hobbies. For these reasons, I believe health is very important.

My method to stay healthy, is to go to bed early, wake up early, eat three meals a day, and walk at least 10,000 steps a day. I always wake up at 3:00AM in the morning and go to bed by 9:00PM at night, no matter where I am in the world. I eat well in the morning and afternoon, and have a light dinner. I also set a daily goal for myself to walk at least 10,000 to 15,000 steps a day.

I am now 80 years old and have never been to a doctor thanks to my health. I would like to continue to take care of my health and grow the company in the future.



Illustrated by Hiroshi Hirokawa