



Move Together 1252

Olympic Day Community Project

General Incorporated Association

Never Stop Playing Sports

Never Stop Playing Sports

Olympic Day 2026

Understanding your body is part of sport.

体を理解することは、スポーツの一部である

Project Overview

Never Stop Playing Sports (NSPS), in collaboration with the Japan Olympic Committee (JOC), will implement "**Move Together 1252 – Olympic Day Community Project**" in conjunction with Olympic Day on June 23, 2026.

This project connects the Olympic Day message with the 1252 Project's ongoing work in **body literacy**, **conditioning awareness**, and **healthcare education**, with physical activity.

We aim to provide opportunities for youth, parents, and coaches to deepen their understanding of the body not only through "**knowledge**" but also through "**movements designed to protect the body.**"

Project Purpose

This project does not focus solely on menstruation. It addresses the following in a broader and more inclusive framework:

Body literacy

Conditioning

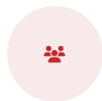
Healthcare

Injury prevention

Sport continuation

Research has indicated that, particularly among female athletes, physical condition changes, fatigue, and hormonal fluctuations may influence performance and injury risk.

Project Overview



Workshop

Body Literacy
Conditioning Awareness

Video Creation



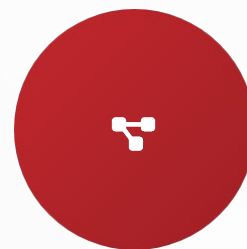
Movement Session

All participants performed a simple exercise together.

Venues: Japan Olympic Museum, schools, local sports facilities

Move Together 1252

Event on Olympic Day June 23, 2026



● Story from Olympian ● Workshop ● Video Production



Global Network

Lausanne · Olympism365

Online Connection

Time Zone Support



Digital Archive

1252 Message Video

Social Media

Digital Archive

After Olympic Day, videos filmed across Japan, Lausanne, and participating communities will be edited into the "1252 Message Video" and continuously shared.

Move Together 1252 Workshop



Workshop Philosophy

The workshop is planned to be led by **Hanae Ito**, a two-time Olympian and leader of the 1252 Project.

Using her own Olympic experiences as an entry point, she will share her struggles with conditioning, including physical and emotional challenges. However, the workshop is not intended to "teach" body literacy in a **one-directional way**. Instead, it is designed as **positive, interactive, movement-based, enjoyable** learning.

Workshop Features

✓ Positive

✓ Interactive

✓ Movement-based

✓ Enjoyable

- Quiz formats, movement mini-sessions
- Communication-based workshops



Move Session & Move Video

Move Session Examples



Knee Care Warm-up



hip/knee mobility



stretching

Move Video Theme

"Move with Understanding"

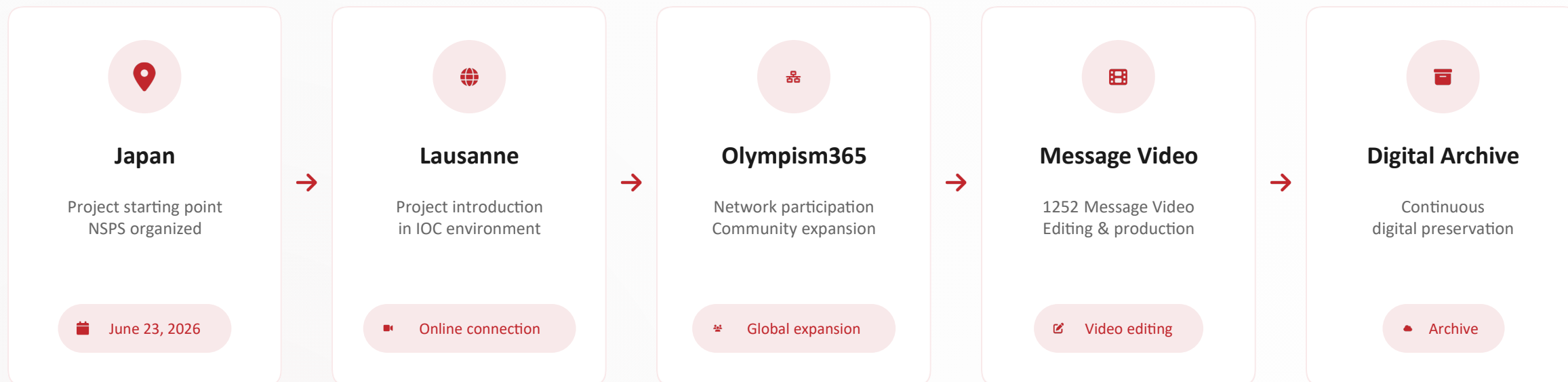
"Understanding your body is part of sport."

Suggested: knee-awareness movements, warm-up routines, jumping, balance, stretching

Target: young athletes, coaches, educators

Composition: both female and male students

Global Network / Legacy



International Collaboration

Between Japan and Lausanne, we will connect through online connections, video messages, and pre-recorded content.

Participants

IOC stakeholders, Olympic Day participants, Olympism365 network members

Sharing Platforms

NSPS official website, Olympism365-related platforms, social media

Beyond Olympic Day, videos will be continuously shared and preserved as a digital archive.

Project Characteristics

-  Olympic Day
-  Youth Engagement
-  Health & Conditioning
-  Body literacy
-  Conditioning education
-  Mixed-gender
-  Youth-centered
-  Social media

This project is a youth participatory format through body literacy, emphasizing connection with Olympism365 network and expanding recognition of the 1252 Project.

[Note 1 | JOC Partnership]

NSPS and the Japan Olympic Committee (JOC) signed a comprehensive partnership agreement in **December 2025** to collaboratively promote the 1252 Project, including **youth education, athlete support, and public communication initiatives.**

[Note 2 | Hanae Ito Profile]

Hanae Ito is a two-time Olympian representing Japan in swimming at the **Beijing and London Olympic Games**. She competed during the same era as IOC President **Kirsty Coventry** and appeared on the same stage at a JOC-hosted event during Coventry's visit to Japan in spring 2026.

Research Evidence

[Note 3 | Research Evidence]

Research has indicated that menstrual cycles and hormonal fluctuations may influence conditioning and injury risk among female athletes.

Reference: Mikako Sunaga (Nippon Sport Science University)

"The Effects of Menstrual Cycles on Physiological and Psychological Conditioning in Female Athletes"

https://www.jpnsport.go.jp/hpsc/Portals/0/resources/jiss/info/doc/JHPS/JHPS_36-41.pdf

Nippon Sport Science University also continues ongoing research on female athlete conditioning:

<https://www.nittai.ac.jp/female/>

* Research is being conducted on the relationship between changes in physical condition and the risk of ACL injuries, among other factors.