

**All employees have made it a habit to do
“strength training + aerobic exercise + stretching for 30 minutes per session”
Certified as Silver by the Japan Sports Agency's "Sports Yell Company 2026**

Curves Japan Co., Ltd. (Address: Minato-ku, Tokyo; Representative Director and Chairman: Takeshi Masumoto), a core operating company of CURVES HOLDINGS Co., Ltd. (Headquarters: Minato-ku, Tokyo; Representative Director, President and Group CEO: Takeshi Masumoto; Code: 7085; TSE Prime Market) which operates “30-minute Women-only Wellness Fitness Club Curves” etc., has been recognized as a “Sports Yell Company 2026” by the Sports Agency.



▲ Employees performing the Curves Workout

The Sports Yell Company is a system under which the Sports Agency certifies companies that are making active efforts to support and promote sports activities to improve the health of their employees. We are pleased to announce that our employees have been certified in recognition of their exercise habits by making it a rule to do the “Curves Workout” at least eight times a month*. In addition, as a company that has received certification under this system a total of eight times, it has been awarded the “Silver” rating, which is given to companies certified seven to nine times.

Curves Japan headquarters has a training space for employees as well as a space for training instructors working at the “30-minute Women-only Wellness Fitness Club Curves” and “30-minute No-Reservation Assisted Gym Men’s Curves” locations nationwide. Employees utilize this space at least eight times a month to perform “Curves Workout”, a unique exercise program offered at “30-minute Women-only Wellness Fitness Club Curves” and “30-minute No-Reservation Assisted Gym Men’s Curves”. The “Curves Workout” is a 30-minute circuit training program that alternates 12 types of strength training and aerobic exercises for 30 seconds each and ends with stretching.

Physical Activity and Exercise Guide for Health Promotion 2023, published by the Ministry of Health, Labour and Welfare in January 2024, recommended for the first time strength training for adults and the elderly performed two or three days a week. Also, multifactorial exercise (e.g., circuit training) for the elderly is now being recommended. These guidelines reiterate the importance of the “Curves Workout” which Curves has long practiced with its clients and employees.

As part of its efforts to raise health awareness and promote health maintenance among employees, Curves Japan pays a health allowance to employees who meet the following criteria: doing at least eight exercise sessions a month, taking protein and being a non-smoker. In addition to this certification, the company was also certified as a “Tokyo Sports Promotion Company for 2025” by the Tokyo Metropolitan Government for encouraging “at least eight exercise sessions a month” under the in-house system. This is a system to certify companies in Tokyo that are making outstanding efforts to promote sporting activities among their employees and that are providing support in the field of sports.

We will continue to promote the health of our employees and contribute to solving social issues as “Community-based Wellness Infrastructure,” aiming to create a society free from fears of illness, nursing care, and loneliness filled with vitality for life.

* Members of the general workforce and members with shorter hours are required to do the Curves Workout at least five times per month.

[About “30-minute Women-only Wellness Fitness Club Curves” (<https://www.curves.co.jp/>)

The “30-minute Women-only Wellness Fitness Club Curves” has 2,001 clubs nationwide (as of the end of November 2025), supporting 908K members (as of the end of November 2025), mainly in their 40s to 70s, with the aim to create a society free from fears of illness, nursing cares and loneliness, filled with vitality for life. In addition, in response to requests from local communities, we have been expanding “30-minute No-Reservation Assisted Gym Men’s Curves”, operating 32 clubs nationwide (as of the end of November 2025).

The “30-minute Women-only Wellness Fitness Club Curves” program is a circuit training program that combines the three exercises necessary for good health: strength training, aerobic exercise, and stretching, and provides a full-body workout in 30 minutes per session. Using a proprietary hydraulic machine, the intensity can be easily adjusted to suit each individual’s physical and muscular strength, allowing for safe and effective exercise. In addition, instructors provide exercise guidance and support tailored to each individual, to facilitate continued exercise and enable them to achieve results without difficulty.

The “30-minute Women-only Wellness Fitness Club Curves” has accumulated substantial evidence through joint research with universities and specialized research institutions, and the following exercise effects have been demonstrated.

- **Effective for healthy weight loss while maintaining muscle mass and as a measure against metabolic syndrome**^{*1}
- **Reduces the risk of falls and is effective in preventing nursing care**^{*1 *2 *3}
- **Improvement of a wide range of cognitive functions in the elderly (expected to be applied to dementia prevention and cognitive function rehabilitation)**^{*4}

^{*1} National Institute of Health and Nutrition ^{*2} Kuno Laboratory, Graduate School, University of Tsukuba ^{*3} Tokyo Metropolitan Institute for Geriatrics and Gerontology

^{*4} Kawashima Ryuta Laboratory, Institute of Development, Aging and Cancer, Tohoku University



[Company Profile]

■ Curves Japan Co., Ltd. (core operating company of CURVES HOLDINGS Co., Ltd.)

Company name: Curves Japan Co., Ltd.
 Representative: Takeshi Masumoto, Representative Director and Chairman
 Location: 11F Shibaura Renesite Tower, 3-9-1 Shibaura, Minato-ku, Tokyo
 Established: February 2005
 Capital: 100 million yen (FY 8/2025)
 Business overview: Operation of exercise facilities such as “30-minute Women-only Wellness Fitness Club Curves”

■ CURVES HOLDINGS Co., Ltd.

Company name: CURVES HOLDINGS Co., Ltd.
 (Securities code: 7085, Prime Market of the Tokyo Stock Exchange)
 Representative: Takeshi Masumoto, Representative Director, President and Group CEO
 Location: 11F Shibaura Renesite Tower, 3-9-1 Shibaura, Minato-ku, Tokyo
 Established: October 2008
 Capital: 800 million yen (FY 8/2025)
 Website: <https://www.curvesholdings.co.jp/>