

[Report on the 19th Curves Food Drive]

**Donated approximately 148 tons of food from approximately 127,000 people throughout Japan to 769 facilities and organizations nationwide**  
**Received the “Minister of the Environment’s Award” for the circle of support lasting for 19 years serving as Community-based Wellness Infrastructure**

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), has conducted a “food drive” in “30-minute Women-only Wellness Fitness Club Curves” and “30-minute No-Reservation Assisted Gym Men’s Curves” operated by Curves Japan.

This year’s event, the 19th, received approximately 148 tons of food from about 127,000 members and local residents. By mid-March, coaches from the Curves locations delivered the food directly to 769 welfare facilities and organizations across Japan. A “food drive” is an activity in which people bring in unused food items from their homes and donate them to local welfare facilities and organizations. Curves has been working with members and local residents to support this cause since 2007.



(Left) Food drive section in the club. Many foods were received from members and local residents.  
(Right) Coaches delivered food directly to local welfare facilities.

To realize our business purpose, “creating a society free from fears of illness, nursing cares and loneliness, filled with vitality for life,” we are working to solve health issues in collaboration with government and medical institutions and to enhance social capital by leveraging the power of communities as “Community-based Wellness Infrastructure.” With this in mind, we were the first national organization to conduct a food drive in 2007, when food drive activities were not yet common. Highly regarded for its subsequent contribution lasting for 18 years, in September 2025, the company received the Minister of the Environment’s Award, the highest award, at the 2025 Food Loss and Waste Reduction Promotion Awards sponsored by the Ministry of the Environment and the Consumer Affairs Agency.

We will continue to work together with everyone in the community to do “what we can do now,” which is possible only with Curves, the company with a regionally rooted community.

**[The 19th Curves Food Drive activity results]**

- Time: Reception of food items: January 15 - February 14, 2026, Donation of food items from the Curves locations to the nearest facilities: February 14, 2026 to mid-March 2026
- Participants: Approx. 127,000 people nationwide
- Total amount donated: Approx. 148 tons
- Donation recipients: 769 welfare facilities and organizations nationwide (children’s homes, maternal and child living support facilities, social welfare councils, etc.)
- Locations: 2,001 locations of “30-minute Women-only Wellness Fitness Club Curves”<sup>\*1</sup>  
32 locations of “30-minute No-Reservation Assisted Gym Men’s Curves”<sup>\*1</sup>  
<sup>\*1</sup> Number of locations and members as of November 30, 2025. Some locations only keep donated items
- Details are available at: <https://www.curves.co.jp/convey/food/>

## ■ Messages from recipient welfare facilities and users (excerpts)

### [Messages from children's homes]

- We believe that meals are the mainstay of children's growth, their daily enjoyment, and above all, a major pillar of their lives. The environment surrounding children's homes is severe, and the sound upbringing of children is becoming increasingly difficult, and it is not uncommon for us to lament our inability or feel at a loss. Nevertheless, we are really grateful that you keep remembering us, caring for us and encouraging us. We will do our utmost to support the growth and independence of children so that we can extend our thoughts to your wishes and meet your expectations. Thank you from the bottom of our hearts. (Children's home in Hyogo Prefecture)
- Thank you very much for your generous donation of food items. Basic seasonings such as oil, sugar, and soy sauce are very useful in preparing meals for children who are growing up eating. Pancake mix, gelatin, and cookies are also very helpful, as they are often used in making snacks. We will gratefully use them in our daily meals as we pass on your generosity. Currently, about 20 children from infants to high school students live in this children's home. We try to make eating one of the most enjoyable parts of daily life. Food is an essential part of life and also leads us to live our lives. We hope that, through eating, the children will take another look at their surroundings and grow up. The support from the people around us, including Curves, offers a great deal of sustenance mentally, reminding us once again that there are people who support us in this way, even if we have never met them face to face. We would like to sincerely thank everyone who supported the food drive. (Children's home in Fukuoka Prefecture)
- Thank you very much for your heartwarming food donation and the many food items for the children. The children enjoyed eating the snacks and drinking the juices they received. Also, we were able to deliver them to children who had graduated from our institution. They were very pleased. Thank you from the bottom of our hearts. Your warmth and support will be a great help to the children. We would also like to express our sincere gratitude to the businesses in the community that have turned their attention to the children's home. We hope that your activities will lead to even more support in the future. (Children's home in Tottori Prefecture)

### [Messages from social welfare councils]

- We feel your thoughtfulness and kindness with each item you donate. Your kindness is sure to bring peace of mind and smiles to those in need of support. We are most encouraged and greatly supported by your continued support. We feel that your goodwill has become the strength of the community and the circle of mutual support is expanding. We hope we can continue to walk with all of you going forward. (Social welfare council in Ibaraki Prefecture)

### [Messages from residents of a maternal and child living support facility] (Maternal and child living support facility in Aichi Prefecture)

- The high cost of living continues, and not only single-mother families like mine, but all families are having a hard time making ends meet. In this situation, your food donations and thoughtfulness are greatly appreciated and motivate us to hang on. With the children, we will gratefully cherish and eat the food received. Thank you very much.
- Thank you for your generous food donations. While I'm happy to see my children grow up, more things are becoming expensive and I have been worrying about our financial situation every day. Having received this assortment of groceries and knowing that some people around us would be willing to help us lightened my anxiety a little and motivated me to hang in there. Thank you very much.
- Thank you for your donation of food. It was very helpful because I have kids who are eating a lot.
- It's extremely helpful. We will enjoy the foods, appreciating their deliciousness. Thank you very much.

## [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/>