

Supplementary Table 1. Radio-Taiso part 1 (3 min 10 sec)

| | Movement | Purpose |
|----|---|--|
| 1 | Stretch entire body | Raising the arms and stretching the entire body helps to achieve better posture |
| 2 | Swing the arms and bend the legs | Swinging the arms to the sides while bending and stretching the legs helps to stimulate blood circulation throughout the body |
| 3 | Arm rotations | Rotating the arms in large circles helps to keep the shoulder joint flexible. |
| 4 | Chest stretches | Opening up the chest helps to correct posture and promote respiratory function. |
| 5 | Bends to each side | Bending the upper body to the side helps to maintain the flexibility of the spine to make lateral movements. |
| 6 | Backward and forward bends | Stretching the back and abdomen helps to maintain the flexibility of the spine to make forward and backward movements. |
| 7 | Body twists | Twisting the body helps to stretch the muscles around the hips and maintain the flexibility of the spine to make rotational movements. |
| 8 | Stretch the arms up and down | Stretching the arms up and down quickly and powerfully helps to develop strength and instantaneous power. |
| 9 | Bend the body downwards at an angle and chest stretches | Bending the body downwards helps to develop muscle flexibility from the back to the back of the legs. By opening the chest, posture is corrected and respiratory function is improved. |
| 10 | Whole-body rotation | Rotating the upper body in a large circle helps to increase the flexibility of the entire spine, especially its lower back portion. |
| 11 | Jumps | Making rhythmic jumps helps to promote blood circulation throughout the body and increase leg strength. |
| 12 | Swing the arms and bend the legs | Swinging the arms to the side and bending and stretching the legs together while being aware of |

breathing helps the person take time to organise their body, mind, and breath.

13 Deep breath

Breathing deeply while moving the arms widely helps bring the body back to a normal state.

URL: https://www.youtube.com/watch?v=_YZZfaMGEOU

Supplementary Table 2. Radio-Taiso part 2 (3 min 5 sec)

| | Movement | Purpose |
|----|---|---|
| 1 | Shake the whole body | Making light jumps helps to shake and relax the whole body and prepare it for the exercises. |
| 2 | Bend and stretch the arms and legs | Vigorously bending and stretching the arms and legs helps to promote blood circulation throughout the body. |
| 3 | Open arms from the front and rotate | Opening and rotating of the arms helps to relax the muscles around the shoulder and increase the range of motion of the shoulder joint. |
| 4 | Chest stretches | Opening up the chest helps to correct posture and promote respiratory function. |
| 5 | Bends to each side | Bending the upper body to the side helps to maintain the flexibility of the spine to make lateral movements. |
| 6 | Backward and forward bends | Stretching the back and abdomen helps to maintain the flexibility of the spine to make forward and backward movements. |
| 7 | Body twists | Twisting the body helps to stretch the muscles around the hips and maintain the flexibility of the spine to make rotational movements. |
| 8 | One-legged jump and step exercise | Making jumps and steps with just one leg helps to increase muscle strength, instantaneous power in the legs, and blood circulation throughout the body. |
| 9 | Bend backwards with twist and bend downwards at angle | Twisting and bending the whole body helps to stretch the muscles of the torso and chest and increase flexibility. |
| 10 | Tilt the body forward | Moving the upper body up and down while leaning forward helps to strengthen the muscles of the back and achieve better posture. |
| 11 | Jumps | Making rhythmic jumps helps to promote blood circulation throughout the body and increase leg |

- strength.
- 12 Swing the arms and bend the legs Swinging the arms and bending the legs together while being aware of breathing helps the person to take some time to organise the body, mind, and breath.
- 13 Deep breath Breathing deeply while moving your arms widely helps to bring the body back to a normal state.

URL: <https://www.youtube.com/watch?v=yi1TbzML2cU>

Supplementary Table 3. Minna no Taiso (4 min 30 sec)

| | Movement | Purpose |
|---|--------------------------|--|
| 1 | Hands and arms exercises | Moving the hands and arms well promotes peripheral blood circulation and the development of a sense of movement. |
| 2 | Chest exercise | Making chest movements helps to correct posture and improve respiratory function. |
| 3 | Upper body bounce | Bouncing the entire body while bending the upper body helps to relax the whole body, promote blood circulation, and maintain chest flexibility. |
| 4 | Neck exercises | Moving and stretching the neck helps to stretch the muscles from the neck to the shoulders and stimulate blood circulation in these areas. |
| 5 | Moving quickly | Quickly extending the arm while shifting the body weight helps to increase the instantaneous power of the whole body. |
| 6 | Leg and hip exercises | Moving the legs and hip helps to strengthen the muscles of these parts, increase hip flexibility, and a sense of balance. |
| 7 | Arm and leg exercises | Making movements with the arms and legs that lead the person to try to make the arm movements match the movements of the whole body helps to develop coordination of movement. |
| 8 | Deep breath | Breathing deeply while moving your arms widely helps to bring the body back to a normal state. |

URL: <https://www.youtube.com/watch?v=1MGsuinRElk>