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Astellas develops science based exercise programs

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Exercise therapy is reported to be beneficial to patients with type 2 diabetes



Astellas Pharma Inc. has developed science-based exercise programs in cooperation with the City of Yokohama, Kanagawa Prefecture and Yokohama City University (YCU).

Exercise therapy is reported to be beneficial to patients with type 2 diabetes, and the Japanese Clinical Practice Guidelines for Diabetes 2019 issued by the Japan Diabetes Society indicates that “exercise therapy consisting of aerobic exercise, resistance exercise, or combination of the two improves blood glucose control and risk factors for cardiovascular disease in patients with type 2 diabetes.”

Therefore, there was a need for the development of scientific evidence to support the specific instruction of effective exercise therapies by way of detailed exercise programs and implementation methods for diabetes patients or how to implement them.

Astellas has been aiming to develop science-based exercise programs for exercise therapies for patients with type 2 diabetes by combining Astellas’ strength cultivated through its ethical pharmaceutical business practices, and technology and knowledge from different fields through industry-government-academia collaboration with City of Yokohama and YCU.

It has been designed as an exercise program combining aerobic exercise with resistance exercise (repetitive exercises that exert resistance on target muscles) and confirmed the clinical utility of this exercise program in improving blood glucose control in a medical and health research conducted in Japan (an exercise intervention study with a control group).

Astellas plans to make these science-based exercise programs available through fitness clubs starting with limited areas in Japan in 2020.