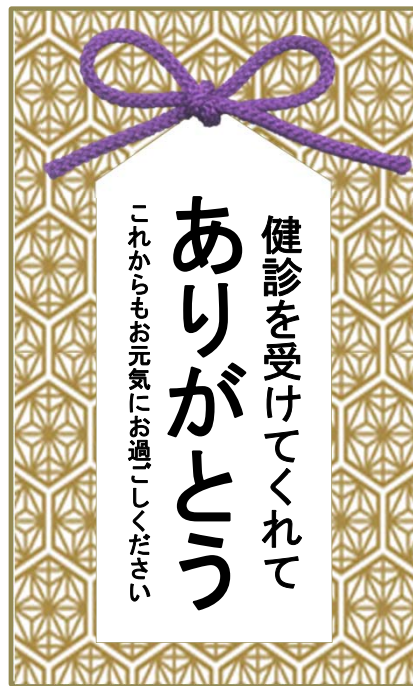
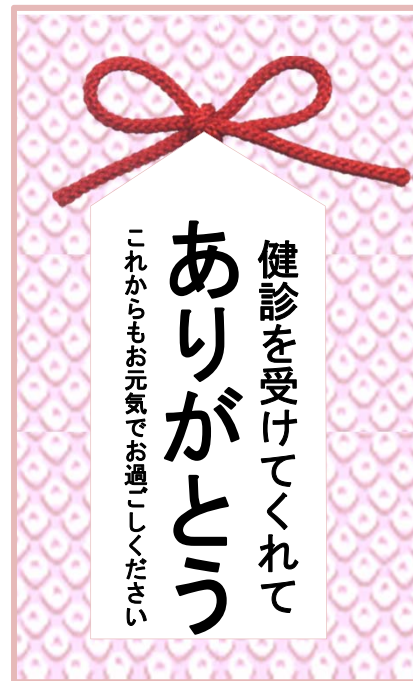




(A, front)



(A, back)



(B, front)



(B, back)

Additional file 2: Figure. Sample materials (informative thank-you cards for health check-up participants) for the community-wide intervention: COMMUNICATE Study (phase 2, 2010–2012).

A: Walking for Group A and AFM. Main message: Thank you for taking a health check-up. (front) Start with walking for 10 minutes. We are supporting your healthy life. The number of walkers is on the rise! (back)

B: Flexibility activity for Group FM and AFM. Main message: Thank you for taking a health check-up. (front) A break with a stretch, this is also a kind of taisou [flexibility and muscle-strengthening activities]. We are supporting your healthy life. The number of people participating in taisou is on the rise! (back)

At the bottom on the reverse side of both: “Be active to cure your low back and knee pain.”

(All in Japanese)