

The 5th Annual Academic Meeting of the Japanese Society of Lifestyle Medicine

“ Frontiers in Lifestyle Medicine for Behavior Change: Evidence and Practice ”

Call for Abstracts

Abstract Submission Deadline: Monday, January 12, 2026

Topics: We are widely accepting abstracts related to **Lifestyle Medicine** and **Non-Communicable Diseases (NCDs)**. We welcome submissions from all specialties and professions, including reports on practical activities by allied health professionals (co-medicals).

Presentation Format: Presenters are required to attend the academic meeting in person and give an oral presentation. *Specific details regarding the presentation method will be determined and coordinated by the conference secretariat.*

How to Submit: Please prepare a Microsoft Word file containing the following information:

- **Title:** Up to 50 full-width characters (approx. 25-30 words).
- **Author Name(s):** Include all co-authors.
- **Affiliation(s):** Institution name.
- **Abstract Body:** Up to 800 full-width characters (approx. 400 words).
- The content must be structured in the following order: **[Objective], [Methods], [Results], and [Discussion]**.

Please attach the created text file and send it via email to: **office@lifestylemedicinejapan.org**

Important Note: At least one of the presenters must be a member of the Society.

Acceptance Notification The results of the abstract review and **the presentation schedule (for Sunday, March 1)** will be sent to the email address used for submission.

- **Scheduled Notification Date:** Saturday, January 31, 2026
- **Official Website:** www.lifestylemedicinejapan.org



**Lifestyle Changes Today,
Change Your Life Tomorrow**