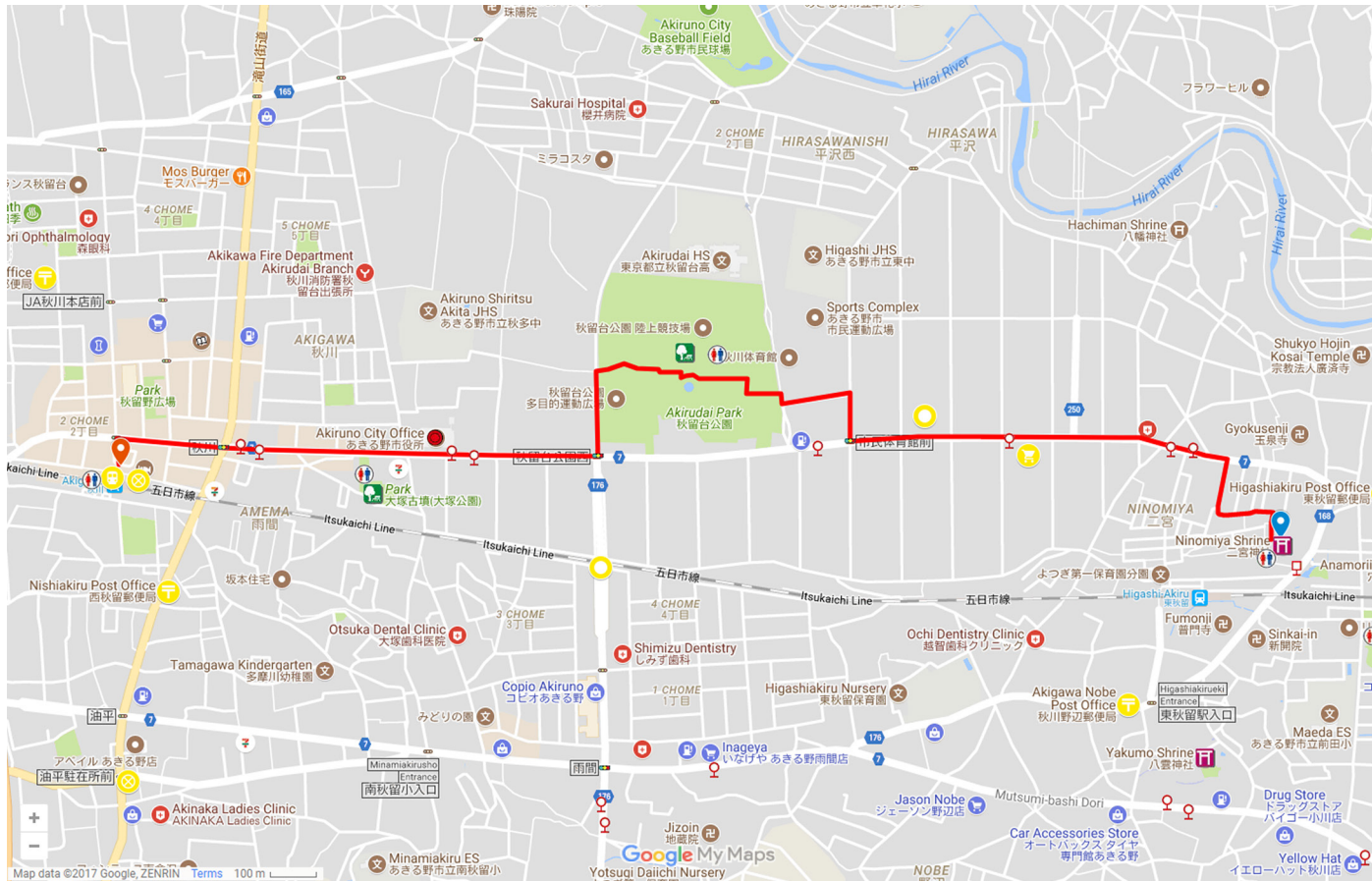


Akiruno City

Higashi-Akiru Area(Beginner)Walk and chat course

Highlight | Akigawa Famers' Center

Let's Get Healthy Together
in Akiruno 21



Route Description

- Ninomiya Jinja Shrine
- ▼
- Akigawa Famers' Center
- ▼
- Akirudai Park
- ▼
- Akiruno City Office
- ▼
- Akigawa Sta.

- Public restroom
- Park/Green area
- Shrine
- Bus stop (Route bus)
- Bus stop (Community bus)
- Post Office
- Police substation
- Station

Warm-up

Do some stretches to gradually warm up and stimulate blood circulation. This helps prevent injuries, knee pain, fatigue, etc.



Cool-down

Ending exercise suddenly can cause stress on the heart, so it is important to cool down gradually. This helps the body recover faster from fatigue and prevents muscle pain.



* Do not put too much strain on your body when you are sleep-deprived or sick.

Recommended Site

Icons: Shrines and Temples Park Other

Akigawa Famers' Center



One of the largest direct-sale stores in Tokyo, where vegetables grown by local farmers are sold.

Time allowed	around 45 minutes
Distance	around 3.0 km
Calorie consumption	around 135 kcal
Number of steps	around 4290 steps

* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm.

Tokyo Metropolitan Government Health Promoting character **KENKOUDESUKA-MAN**

