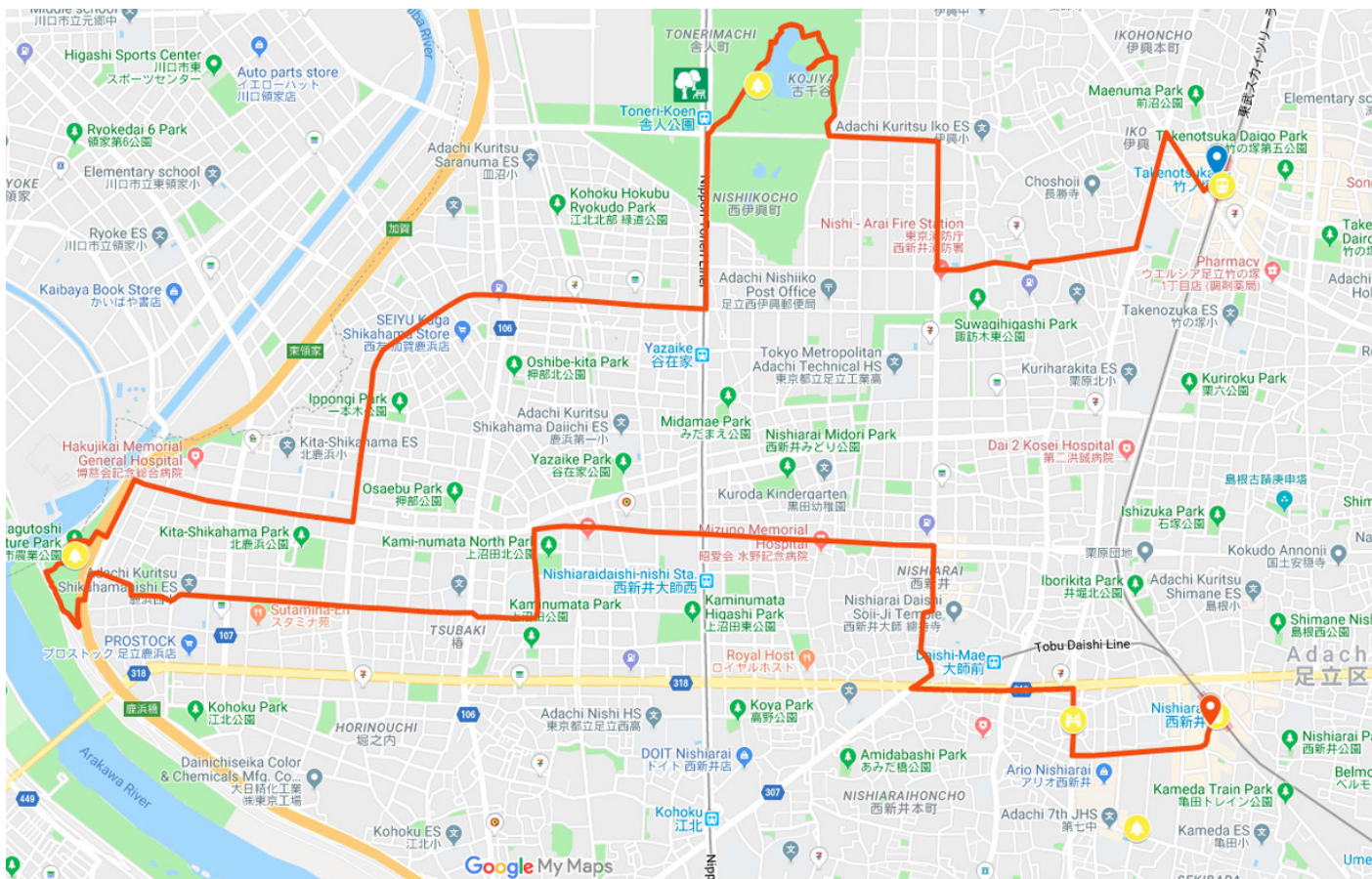


Adachi City

Health Circuit Great Leg course (14 km): Advanced level

Highlight | City Agriculture Park

Enjoy your casual walking, under a blue sky.



©Google

Route Description

- 📍 Takenotsuka Station
- ▼
- 🌳 Toneri Park
- ▼
- 🌳 City Agriculture Park
- ▼
- 🌳 No.1 Kurihara Footbridge
- ▼
- 🌳 Nishiarai Sakae Park
- ▼
- 📍 Nishiarai station west entrance

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.

🕒 Time allowed	around 3 h 30 min.
📏 Distance	around 14 km
🔥 Calorie consumption	around 630 kcal
👣 Number of steps	around 20000 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**



Recommended Site

Icons: 🏠 Shrines and Temples 🌳 Park 🏢 Other

City Agriculture Park



The up and down hill at the turn around point is quite hard. Keep your body straight up, put your weight forward while uphill, put it behind for downhill, and walk steady.

No.1 Kurihara Footbridge



This is the last challenge of this course. You can also use the signal on the other side but try to challenge yourself by using the stairs.

Toneri Park



Balance disk

Arm Lift Arch

Strengthen up your muscles at fitness square!
~ Recommended health equipment ~

「Balance disk」
Can increase the flexibility of your ankles and knees.

「Arm Lift Arch」
Can increase the flexibility of your arms and shoulders.