

# Akishima City Walking Map



## The Benefits of Walking

※If you have a chronic illness, please consult your doctor before starting.

- 1 Prevent lifestyle-related diseases**  
Helps decrease blood glucose and Lower blood pressure. It is also said to reduce the risk of cancer, diabetes, and other life-style-related diseases.
- 2 Improve cardiopulmonary function**  
Making exercise a habit leads to Maintaining and improving the entire body, including overall physical strength and endurance.
- 3 Prevents obesity**  
Increased energy consumption will make it easier to reduce your waistline and weight.
- 4 Reduce stress**  
Walking helps improve your mood and eliminate stress, and is helpful to improve physical and mental health.

(Created with reference to "Physical Activity Reference for Health Promotion 2013 (Ministry of Health, Labour, and Welfare)")

## Before and After Walking

### 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.

## How to choose shoes

- **Material** The material should be light and om breathable.
- **Toe area** There should be enough space to move your toes.
- **Foot arch** It should be shaped to support the insoles of your feet.
- **I n s t e p** It should be able to be adjusted without tightening.
- **Shoe sole** It should flex according to movement. A thick sole with good cushioning.
- **H e e l** It should firmly hold the heel in place.

## How to put on shoes

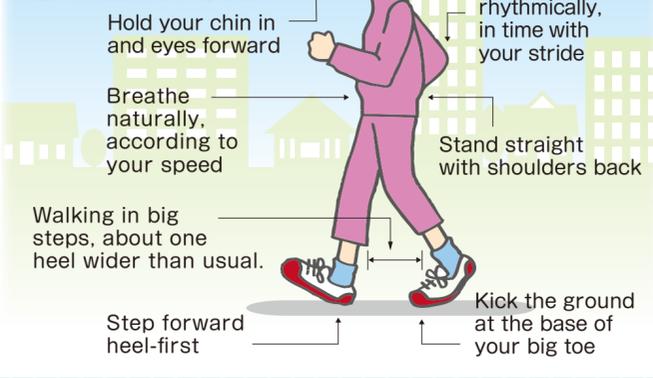
- ① Make the shoe loose enough that your toes can move.
- ② Gently tap the ground with your heel. If your heel is firmly in place, tighten the laces at the ankle.
- ③ Move your weight to your toes, and with your heels raised, fasten your shoes places.



- ### Walking Course
- Course Name [Nearest station]  
Distance/Time allowed/  
Number of steps/Calorie consumption
  - 1 **A Course that walks through changing Akishima**  
[Akishima Station→Mihori Gymnasium→Akishima Station]  
2.1km / 32minutes / 3,000steps / 96kcal
  - 2 **3,000 Steps Course**  
[Akishima Station→KOTORI Hall (Akishima city comita house)→Nakagami Station]  
2.1km / 32minutes / 3,000steps / 96kcal
  - 3 **Easy Course**  
[Nakagami Station→Higashi Nakagami Station South Exit→Higashi Nakagami Station]  
2.3km / 35minutes / 3,286steps / 105kcal
  - 4 **Beginner's Course**  
[Nishi-Tachikawa Station→Fujimigaoka Elementary School→Higashi Nakagami Station]  
1.8km / 27minutes / 2,571steps / 81kcal
  - 5 **Ginkgo Trees Course**  
[Akishima Station→Ginkgo Trees→Nakagami Station]  
3.4km / 51minutes / 4,857steps / 153kcal
  - 6 **7,000 Steps Course**  
[Akishima Station→Hie Shrine→Akishima city government office→Former Itsukaichi Tetsudo Okami Station→Akishima Kujira Monument→Higashi Nakagami Station]  
5.0km / 75minutes / 7,143steps / 225kcal
  - 7 **Akishima Water Course**  
[Akishima Station→Suwa Shrine→Batouson→Nakagami Station]  
3.2km / 48minutes / 4,571steps / 144kcal
  - 8 **Full of Nature Tamagawa-Josui Course**  
[Hajijima Station→Tamagawa Josui→Nakagami Station]  
6.0km / 90minutes / 8,571steps / 270kcal
  - 9 **Cross-cutting Akishima Course**  
[Hajijima Station→Midori-no-Komichi→Ryushin-ji Temple Hakenoshita→Historical Landmark of Haichiko Line Train Accident and Leftover Wheels→Tama Ohashi Bridge→Showa Park Athletics Field→Higashi Nakagami Station]  
10.0km / 150minutes / 14,286steps / 450kcal
  - 10 **Mokusei-no-mori Course**  
[Nakagami Station→Musashino Park→Fujimi-dori Street→Higashi Nakagami Station]  
3.9km / 59minutes / 5,571steps / 177kcal

## Ideal posture for walking

**Good posture makes walking more effective!**



## Don't forget to drink water

Sweating is a function that helps regulate body temperature. When the body lacks water necessary for sweating, this can cause heatstroke and other impairments. Remember to hydrate with water or a sports drink. Also, because caffeine is diuretic, drinks that contain caffeine are not suitable for hydration. (coffee, black tea, etc.)



## Let's walk 10 more minutes!

Walking is an easy way to get exercise. Japan's national recommended guideline for walking is 8,000 steps a day(\*1), but still only around 50% of Tokyo residents over the age of 20, both men and women, walk 8,000 steps a day(\*2). Adding just 1,000 steps a day (approximately 10 minutes more) not only helps you get more exercise, but also prevents lifestyle diseases and helps relieve stress.

※1 The Physical Activity Guidelines for Health (Active Guide)(Japanese Ministry of Health, Labour and Welfare) recommends physical activity equivalent to 8,000 steps a day for all men and women between the ages 18 and 64.  
※2 Source: National Health and Nutrition Survey (Japanese Ministry of Health, Labour and Welfare) (Updated survey on residents of Tokyo 2007-2009)

## Hints to increase the amount of activity by walking

- Intentionally walk walkable distances instead of using the bus or train.
- Use the stairs instead of elevators and escalators.
- Don't just walk; have fun while you walk. For example, walk and shop at stores or streets featured in magazines, tour sightseeing spots, etc.
- Recording steps with a pedometer, smartphone, etc. will also lead to a sense of accomplishment and a willingness to continue.



## Akishima City Event Calendar

Jan.	◆New Year's Ekiden Relay Race Event ◆New Year Kite-flying Event	
Apr.	◆Akishima Green Environment Festival	 Akishima Green Environment Festival
May	◆Akishima Kyodo-Geino Festival	 Akishima Kyodo-Geino Festival
Aug.	◆Akishima City Kujira Festival	 Akishima City Kujira Festival
Sep.	◆Keiro Event ◆Iki-iki Health Festival	
Oct.	◆Citizen Sport Recreation Festival	
Nov.	◆Akishima City Industrial Festival ◆Akishima Brand Food Grand Prix ◆Seishonen Festival	



# Akishima City Walking Map



- Walking Course**
- 1 A Course that walks through changing Akishima
  - 2 3,000 Steps Course
  - 3 Easy Course
  - 4 Beginner's Course
  - 5 Ginkgo Trees Course
  - 6 7,000 Steps Course
  - 7 Akishima Water Course
  - 8 Full of Nature Tamagawa-Josui Course
  - 9 Cross-cutting Akishima Course
  - 10 Mokusei-no-mori Course
- 2.1km / 32分
  - 2.1km / 32分
  - 2.3km / 35分
  - 1.8km / 27分
  - 3.4km / 51分
  - 5.0km / 75分
  - 3.2km / 48分
  - 6.0km / 90分
  - 10.0km / 150分
  - 3.9km / 59分

**Legend**

	Toilet		Library
	Park		Local Museum
	City government office		Temple
	Public Facilities		Shrine
	Police Station / Koban		Traffic Light
	Fire Station / Division		Bus Stop
	School		

\* Convenience stores and gas stations are described following their trademarks.

1:12,000  
500m



Akiruno City

Fussa City

Hachioji City

Tachikawa City

Hino City

Musashino City

Maebashi City

Utsunomiya City

Maibara City

Yamanashi City

Yamanashi City

Yamanashi City

Yamanashi City