

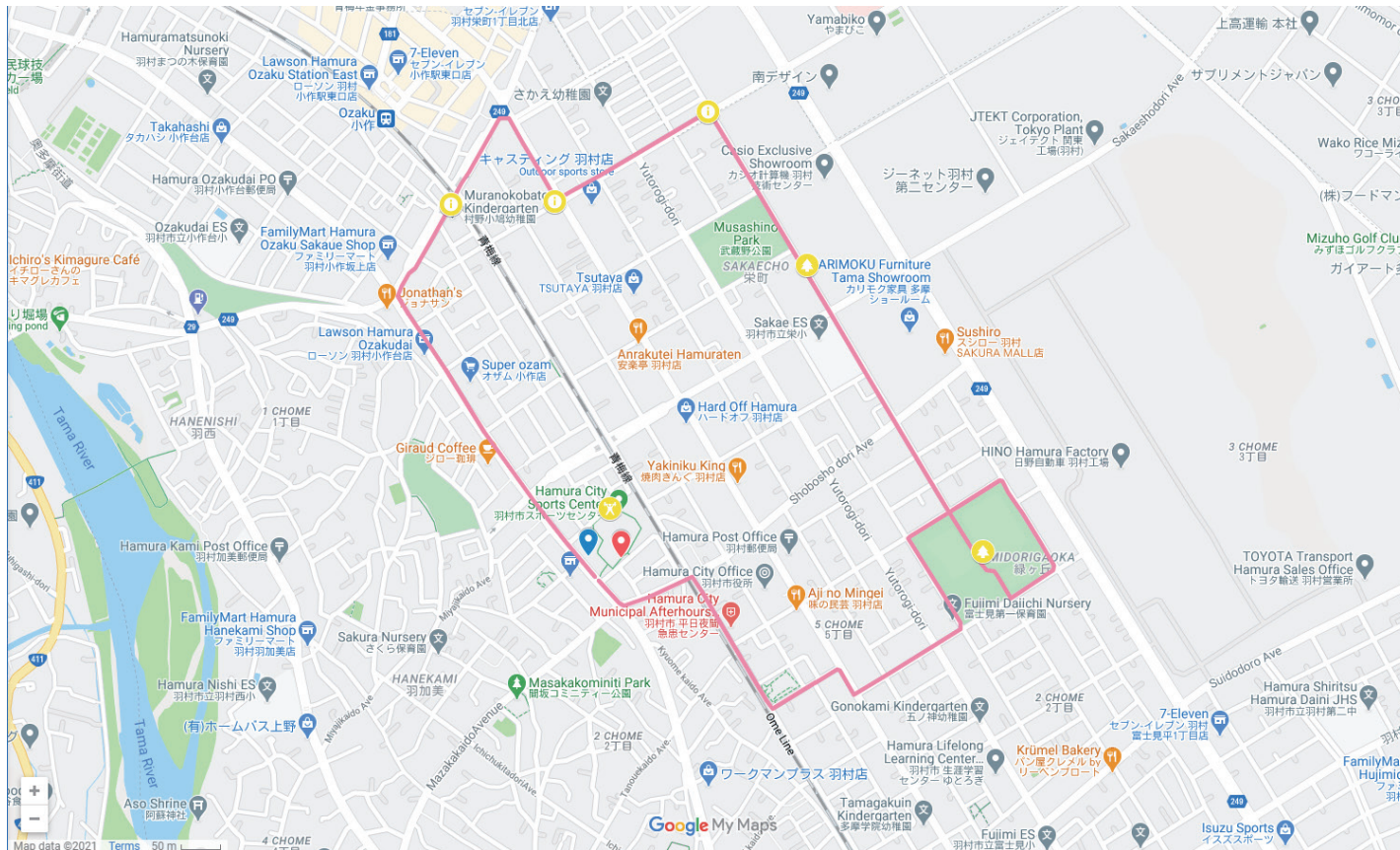
HAMURA CITY

# Fujimi Park-Musashino Park Course

Highlight | Fujimi Park



HAMURIN Hamura City Mascot



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## Route Description

- Sports Center
- ▼
- Sakae Ryokuchi Park
- ▼
- Fujimi Park
- ▼
- Sports Center
- ▼
- Transit Point

### 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 <b>71</b> min.
Distance	around <b>4.7</b> km
Calorie consumption	around <b>213</b> kcal
Number of steps	around <b>6710</b> 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



### Fujimi Park health equipment

Health equipment is a type of playground equipment installed with the primary purpose of promoting health as part of everyday life through muscle training, stretches, and other exercises. Aim to become even healthier and make use of this equipment when taking walking breaks.