

"Walk"-urume Map

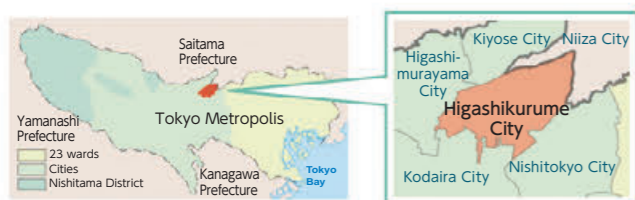


- 1 Uenohara Course & Kurome River Course
- 2 Ochiai River Course & Tateno Ryokuchi Course
- 3 Rokusen Park Course & Takiyama Course
- 4 Shimosato Course & Yanagikubo Course

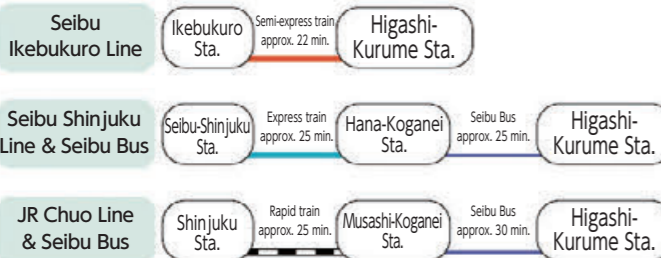
Overview of Higashikurume City

Higashikurume City is located in almost the exact center of the Musashino Terrace and is blessed with natural springs and clear streams. Many verdant thickets can also still be found within the city, and walkers can easily come in contact with the natural beauty of the Musashino region.

Higashikurume City location and access



Access from central Tokyo

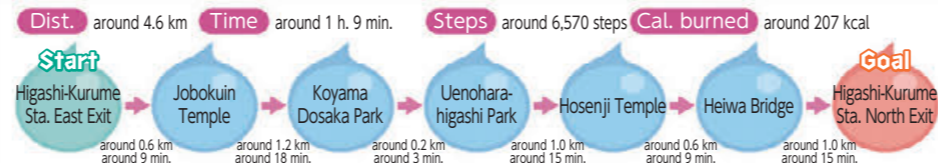


Walking course information

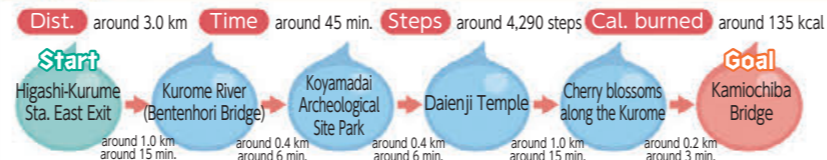
Super Fun "Walk"-urume Map



Uenohara Course Lighthearted walking in a verdant new neighborhood



Kurome River Course A waterside stroll through which you can experience the history and seasonal beauty of Koyama



Super Fun "Walk"-urume Map



Ochiai River Course Enjoy family fun, a charming waterfront area, and spring water



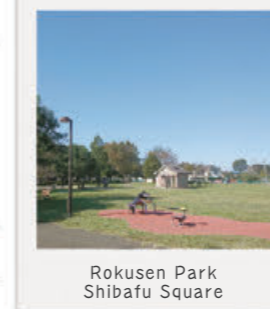
Tateno Ryokuchi Course Greenery and historic Showa period sites situated away from the hustle and bustle



Super Fun "Walk"-urume Map



Rokusen Park Course Feel like a kid again in the center of Higashikurume



Takiyama Course Visit urban greenery and nature walking destinations



Super Fun "Walk"-urume Map



Shimosato Course Shimosato Hikawa Shrine and a tree-lined, sunlight-dappled walking path



Yanagikubo Course Walk a wooden boardwalk leading to Yanagikubo Tenjin Shrine and a mythical spring



- Course features: Rivers, Springs, Parks, Trees/green space, Cherry trees, Shrines, Temples, Family-oriented

Walking benefits

Prevents lifestyle diseases

Improves cardio-pulmonary function

Alleviates stress

And more!

Abstain from exercise when sleep deprived and when experiencing ill health. Persons with chronic illnesses should consult with their primary physician before starting.

Walk 10 more minutes!

Walking is an exercise which is easy to do. National guidelines are to walk 8,000 steps a day*1, but less than 50% of men and women living in Tokyo between the ages of 20 and 64 walk at least 8,000 steps a day.

Walking an extra 1,000 steps a day, around 10 minutes or walking, not only increases physical activity, it can also help prevent lifestyle diseases and alleviate stress.

*1: The "Exercise and Physical Activity Guide for Health Promotion (Activity Guide)" released by the Ministry of Health, Labour and Welfare recommends that men and women between the ages of 18 and 64 engage in physical exercise equivalent to walking 8,000 steps a day.



Walking records

Course						
Date	Year	Month	Day	Steps	around	steps
Time	around			hour		min.

Course						
Date	Year	Month	Day	Steps	around	steps
Time	around			hour		min.

Course						
Date	Year	Month	Day	Steps	around	steps
Time	around			hour		min.

Super Fun "Walk"-urume Map
For more information



Super Fun "Walk"-urume Map

8 courses across Higashikurume City

Course features

- Rivers
- Springs
- Parks
- Trees/green space
- Cherry trees
- Shrines
- Temples
- Family-oriented

Legend

- Police box
- Emergency hospital
- Post office
- Shrine
- 57 Famous Tokyo Springs
- Abundantly-flowing spring
- 100 Famous Trees of Higashikurume
- Temple
- School
- Kindergarten
- Nursery School
- Toilet
- Multifunction toilet
- Major bus stop
- Cherry trees
- National Cultural Property
- Major Higashikurume City Cultural

※Calories burned for each course are calculated as 30 calories per 10 minutes of walking (for a person with a weight of 60 kg and a stride length of 70 cm). Times are calculated based on a walking speed of 4 kph. Steps are calculated based on one step equaling 70 centimeters.

Yanagikubo Course

Walk a wooden boardwalk leading to Yanagikubo Tenjin Shrine and a mythical spring

Dist. around 3.4 km **Time** around 51 min.
Steps around 4,860 steps **Cal. burned** around 153 kcal

Shimosato Course

Shimosato Hikawa Shrine and a tree-lined, sunlight-dappled walking path

Dist. around 3.0 km **Time** around 45 min.
Steps around 4,290 steps **Cal. burned** around 135 kcal

Kurome River Course

A waterside stroll through which you can experience the history and seasonal beauty of Koyama

Dist. around 3.0 km **Time** around 45 min.
Steps around 4,290 steps **Cal. burned** around 135 kcal

Uenohara Course

Lighthearted walking in a verdant new neighborhood

Dist. around 4.6 km **Time** around 1 h. 9 min.
Steps around 6,570 steps **Cal. burned** around 207 kcal

Ochiai River Course

Enjoy family fun, a charming waterfront area, and spring water

Dist. around 2.8 km **Time** around 42 min.
Steps around 4,000 steps **Cal. burned** around 126 kcal

Tateno Ryokuchi Course

Greenery and historic Showa period sites situated away from the hustle and bustle

Dist. around 2.2 km **Time** around 33 min.
Steps around 3,140 steps **Cal. burned** around 99 kcal

Rokusen Park Course

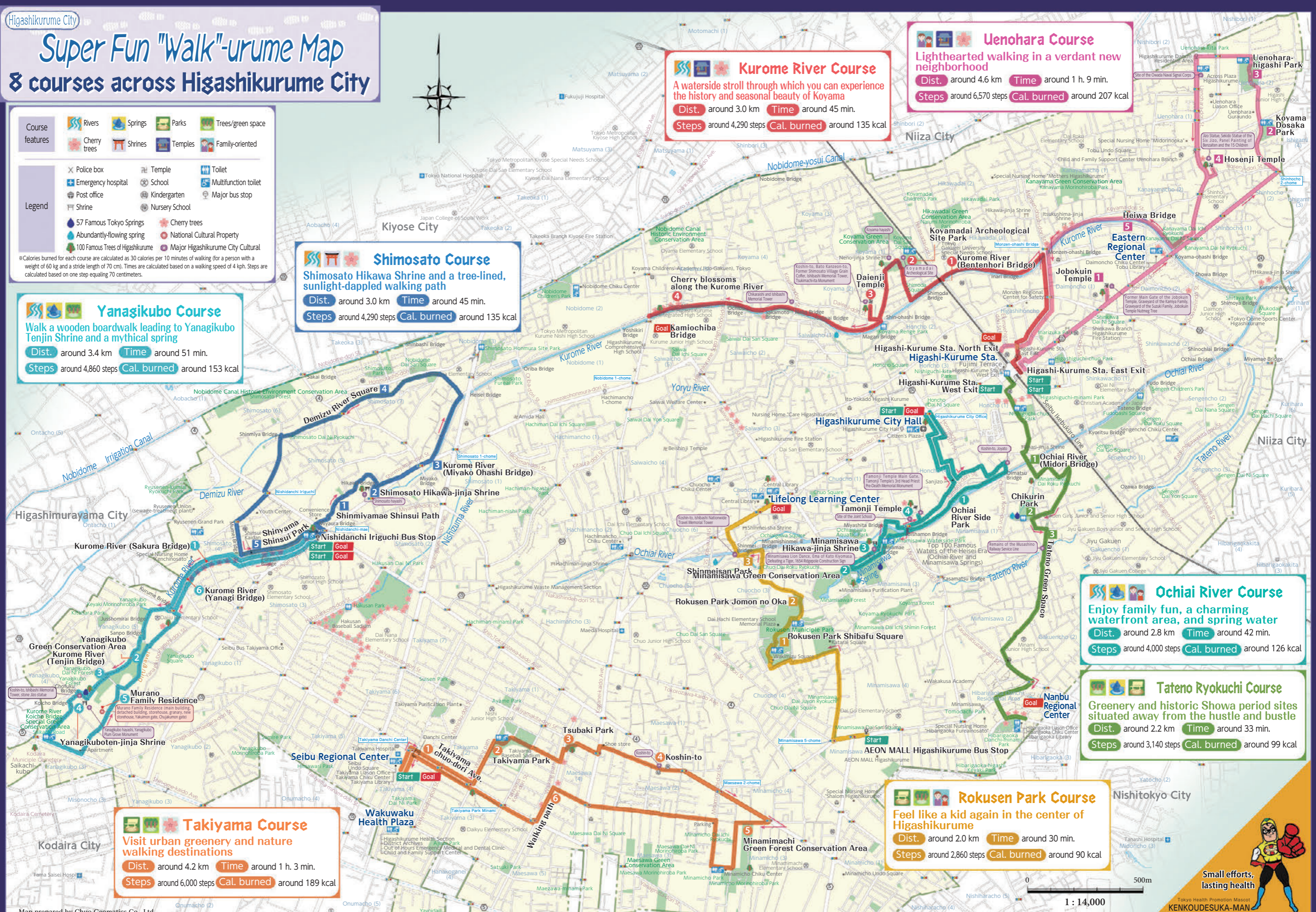
Feel like a kid again in the center of Higashikurume

Dist. around 2.0 km **Time** around 30 min.
Steps around 2,860 steps **Cal. burned** around 90 kcal

Takiyama Course

Visit urban greenery and nature walking destinations

Dist. around 4.2 km **Time** around 1 h. 3 min.
Steps around 6,000 steps **Cal. burned** around 189 kcal



Super Fun "Walk"-urume Map



春の水妖精
「ゆづめちゃん」
Spring water fairy "Yurume-chan"
Higashikurume City regional resources Mascot

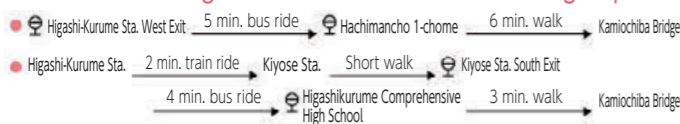


1

Uenohara Course
Start: Higashi-Kurume Sta. East Exit
Goal: Higashi-Kurume Sta. North Exit
Dist.: approx. 4.6 km

Kurome River Course
Start: Higashi-Kurume Sta. East Exit
Goal: Kamiochiba Bridge
Dist.: approx. 3.0 km

Access between Higashi-Kurume Sta. and course start/goal points



A municipal temporary use bicycle parking lot is located near the west exit of Higashi-Kurume Station.

Walking benefits

Prevents lifestyle diseases

Improves cardio-pulmonary function

Alleviates stress

And more!

Abstain from exercise when sleep deprived and when experiencing ill health. Persons with chronic illnesses should consult with their primary physician before starting.

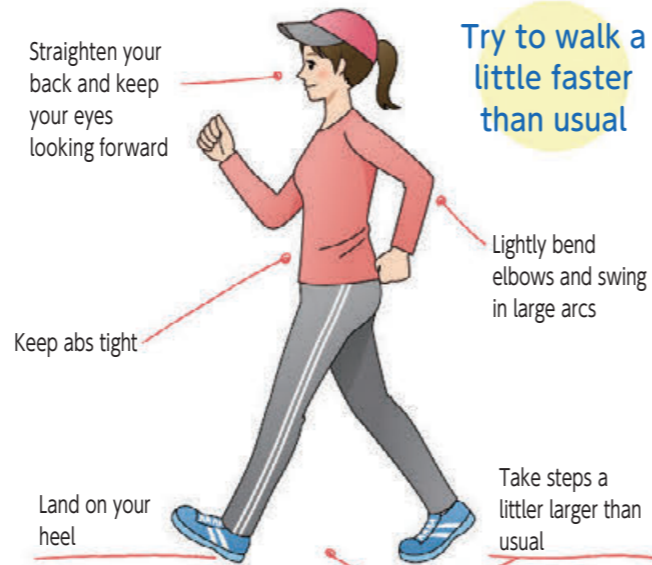
Walk 10 more minutes!

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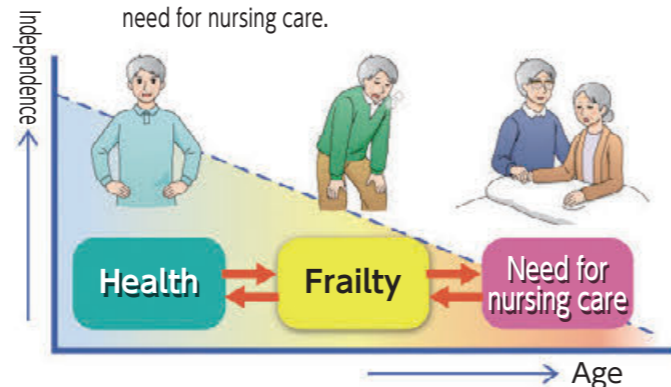
Issued: February 2020 Produced by: Health Promotion Advancement Section Meeting, Higashikurume City Health Division, Welfare and Public Health Department, Higashikurume City ☎ 042-477-0022

Ideal walking form



Walk for a lifetime! 3 keys to staying healthy throughout your life - Keep frailty at bay!

Frailty: Frailty is the gradual decline of energy and muscle strength which occurs with age, eventually resulting in the need for nursing care.



1 A balanced diet

● Eat three meals a day consisting of a staple, main dish, and side dishes.

Before exercising Eating 30-60 minutes before helps build muscle!

After exercising Promptly supplying you body with protein and carbohydrates improves fatigue recovery and increases muscle mass!

Healthy bones are also important! Consciously intake one cup of milk or yogurt a day!

Recommended post-exercise light meals!

2 pieces of inari sushi + 1 large glass of milk (250 ml)



1 salmon onigiri + 1 large glass of soy milk (250 ml)



A tuna sandwich + a glass of 100% fruit juice



Don't forget to hydrate

Sweating prevents the elevation of body temperature. When the body doesn't have enough water to sweat, there is a danger of experiencing heatstroke. Hydrate by drinking water or sports drinks. Note that drinks which contain caffeine (which promotes urination) such as coffee and tea are not good choices for hydrating.

How to put on shoes

- Put on loosely so that the tips of your toes can wiggle inside
- Lightly tap the heel on the ground and, once your heel is firmly seated, tighten ankle laces
- Move your weight onto the tips of your toes, and, with your heel raised, tie your shoe firmly to secure it



2 Proper exercise

● Proper exercise can also help prevent dementia.

Recommended simple muscle training exercises

- Remember to keep breathing!
- Start small, around 30 reps (3 sets of 10 reps) per day, three days a week.

Squats

Keep your back straight and your face looking forward.

Make sure your knees and toes are pointing in the same direction and keep your knees from sticking out beyond your toes.



1 Slowly lower yourself above a chair until your bottom is almost touching the seat.

2 Slowly stand back up.

Leg raises

Point your toes at the ceiling.



1 Sit lightly in a chair and straighten your back.

2 Lift one leg while extending your knee as much as possible, then slowly lower it until your foot is almost touching the floor.

Higashikurume City's local calisthenics program Wakuwaku Sukoyaka Taizo

Higashikurume City's Wakuwaku Sukoyaka Taizo calisthenics are supervised by a rehabilitation specialist and are designed to prevent the need for nursing care. Recommended both before and after exercising, these calisthenics can also help you improve muscle strength. Your neighborhood comprehensive support center can help you set up your own independent Wakuwaku Sukoyaka Taizo group.



↑ For more information!

3 Communication

● Connecting with people and society at large gives you energy, vitality, and also helps keep both body and mind healthy.

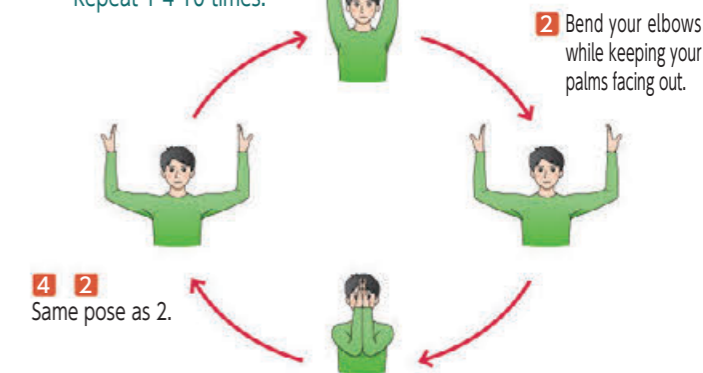


Be sure to stretch!

Before walking! Stretches for preventing injury, raising your metabolism, and burning fat

1 Shoulder blade circles

1~4 Repeat 1-4 10 times.



3 Without lowering your arms, turn your palms inward and bring your hands together in front of your face.

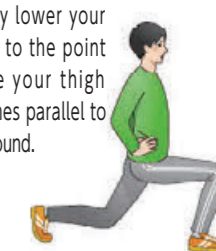
2 Front and back of legs

- Stretch out your Achilles tendon, then bend your knee deeply and hold for three seconds.
- Perform for both legs.

1 Slowly step forward with your foot.



2 Deeply lower your waist, to the point where your thigh becomes parallel to the ground.



3 Ankles

- Roll the ankles on both legs clockwise and counter-clockwise.

After walking! Stretches for easing tired muscles

1 Achilles tendon and leg stretches

- While taking easy breaths, stretch to the degree comfortable.

Point your toes at the ceiling.



Keep your heel on the ground.

2 Shoulder circles

- Move your arms in circles so that they cross in front of your face 10 times.



Fully extend both arms.



Super Fun "Walk"-urume Map

For more information



Super Fun "Walk"-urume Map



Diamond Fuji
A spectacular sight in which the setting sun sparkles like a diamond on top of Mt. Fuji.

1 Uenohara Course & Kurome River Course

Kurome River Course

A waterside stroll through which you can experience the history and seasonal beauty of Koyama

Dist. around 3.0 km **Time** around 45 min.
Steps around 4,290 steps **Cal. burned** around 135 kcal

- Start** Higashi-Kurume Sta. East Exit
- ↓ around 1.0 km around 15 min.
 - 1** Kurome River (Bentenhorri Bridge)
 - ↓ around 0.4 km around 6 min.
 - 2** Koyamadai Archeological Site Park
 - ↓ around 0.4 km around 6 min.
 - 3** Daienji Temple
 - ↓ around 1.0 km around 15 min.
 - 4** Cherry blossoms along the Kurome River
 - ↓ around 0.2 km around 3 min.
- Goal** Kamiochiba Bridge



4 Cherry blossoms along the Kurome River



4 Cherry blossoms along the Kurome River



3 Daienji Temple
The location of Jurojin, Fukurokuju, and Ebisu on the Higashikurume Seven Lucky Gods Pilgrimage. People come here to pray for better luck and success in life. The temple also has a stone pagoda as well as the oldest Koshin-to monkey monuments in the city. (Grounds open to the public.)



1 Kurome River (Bentenhorri Bridge)
This river is the source of the city's name. There is a walking path along the river from which you can enjoy the sight of cherry blossoms in spring and golden ginkgo trees in fall.



2 Koyamadai Archeological Site Park
Pit dwellings dating to the middle Jomon period have been found in this park. The park offers beautiful views, and visitors can enjoy looking at cherry blossoms in spring and gathering acorns in fall.



4 Hosenji Temple
The location of Benzaiten on the Higashikurume Seven Lucky Gods Pilgrimage. The temple enshrines a Jizo statue designated a Tangible Folk Cultural Property by the city. (Grounds open to the public.)



3 Uenohara-higashi Park
With commercial complexes and bathhouses, the Uenohara district serves as a place for rest and relaxation.



1 Jobokuin Temple
The location of Daikokuten on the Higashikurume Seven Lucky Gods Pilgrimage. The temple's huge, 400-year-old nutmeg tree is a well-known mystical "power spot." (Grounds open to the public.)



Fujimi Terrace
A place for residents to relax, it's also a picturesque destination from which visitors can view a "Diamond Fuji" around the time of the winter solstice.



Uenohara Course

Lighthearted walking in a verdant new neighborhood
Dist. around 4.6 km **Time** around 1 h. 9 min.
Steps around 6,570 steps **Cal. burned** around 207 kcal

- Start** Higashi-Kurume Sta. East Exit
- ↓ around 0.6 km around 9 min.
 - 1** Jobokuin Temple
 - ↓ around 1.2 km around 18 min.
 - 2** Koyama Dosaka Park
 - ↓ around 0.2 km around 3 min.
 - 3** Uenohara-higashi Park
 - ↓ around 1.0 km around 15 min.
 - 4** Hosenji Temple
 - ↓ around 0.6 km around 9 min.
 - 5** Heiwa Bridge
 - ↓ around 1.0 km around 15 min.
- Goal** Higashi-Kurume Sta. North Exit

Calories burned for each course are calculated as 30 calories per 10 minutes of walking (for a person with a weight of 60 kg and a stride length of 70 cm). Times are calculated based on a walking speed of 4 kph. Steps are calculated based on one step equaling 70 centimeters.

Course features

- Rivers
- Springs
- Parks
- Trees/green space
- Cherry trees
- Shrines
- Temples
- Family-oriented

Legend

- Police box
- Emergency hospital
- Post office
- Shrine
- Temple
- School
- Kindergarten
- Nursery School
- Toilet
- Multifunction toilet
- Major bus stop
- 57 Famous Tokyo Springs
- Abundantly-flowing spring
- 100 Famous Trees of Higashikurume
- Cherry trees
- National Cultural Property
- Major Higashikurume City Cultural Property



Small efforts, lasting health
Tokyo Metropolitan Government Health Promoting character KENKOUDESUKA-MAN

Map prepared by Chuo Geomatics Co., Ltd.

Super Fun "Walk"-urume Map

Walking Spot 2



Chikurin Park



Spring water fairy "urume-chan"
Higashikurume City regional resources Mascot

Ochiai River Course
Dist.: approx. 2.8 km

Start: Higashikurume City Hall → Minamisawa Green Conservation Area → Goal: Higashikurume City Hall

Tateno Ryokuchi Course
Dist.: approx. 2.2 km

Start: Higashi-Kurume Sta. West Exit → Chikurin Park → Goal: Nanbu Regional Center

Access between Higashi-Kurume Sta. and course start/goal points

- Higashi-Kurume Sta. → 6 min. walk → Higashikurume City Hall
- Higashi-Kurume Sta. → 2 min. train ride → Hibarigaoka Sta. → Short walk → Hibarigaoka Sta.
- Higashi-Kurume Sta. → 8 min. bus ride → Minamisawa → 3 min. walk → Nanbu Regional Center

A municipal temporary use bicycle parking lot is located near the west exit of Higashi-Kurume Station.

Walking benefits

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Alleviates stress

And more!

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Walk 10 more minutes!

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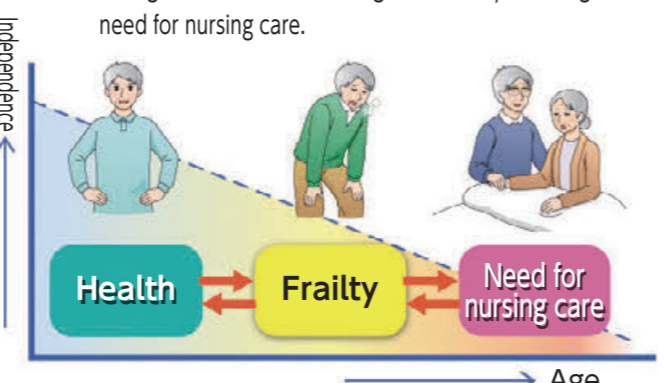
Ideal walking form



- Straighten your back and keep your eyes looking forward
- Try to walk a little faster than usual
- Lightly bend elbows and swing in large arcs
- Keep abs tight
- Land on your heel
- Take steps a little larger than usual

Walk for a lifetime! 3 keys to staying healthy throughout your life - Keep frailty at bay!

Frailty: Frailty is the gradual decline of energy and muscle strength which occurs with age, eventually resulting in the need for nursing care.



→ Age

1 A balanced diet

- Eat three meals a day consisting of a staple, main dish, and side dishes.

Before exercising

Eating 30-60 minutes before helps build muscle!

After exercising

Promptly supplying you body with protein and carbohydrates improves fatigue recovery and increases muscle mass!

Healthy bones are also important!

Consciously intake one cup of milk or yogurt a day!

Recommended post-exercise light meals!

2 pieces of inari sushi + 1 large glass of milk (250 ml)



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A tuna sandwich + a glass of 100% fruit juice




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How to put on shoes

- Put on loosely so that the tips of your toes can wiggle inside
- Lightly tap the heel on the ground and, once your heel is firmly seated, tighten ankle laces
- Move your weight onto the tips of your toes, and, with your heel raised, tie your shoe firmly to secure it



2 Proper exercise

- Proper exercise can also help prevent dementia.

Recommended simple muscle training exercises

- Remember to keep breathing!
- Start small, around 30 reps (3 sets of 10 reps) per day, three days a week.

Squats



- 1 Slowly lower yourself above a chair until your bottom is almost touching the seat.
- 2 Slowly stand back up.

Keep your back straight and your face looking forward.

Make sure your knees and toes are pointing in the same direction and keep your knees from sticking out beyond your toes.

Leg raises



- 1 Sit lightly in a chair and straighten your back.
- 2 Lift one leg while extending your knee as much as possible, then slowly lower it until your foot is almost touching the floor.

Point your toes at the ceiling.

Higashikurume City's local calisthenics program **Wakuwaku Sukoyaka Taiso**


Higashikurume City's Wakuwaku Sukoyaka Taiso calisthenics are supervised by a rehabilitation specialist and are designed to prevent the need for nursing care. Recommended both before and after exercising, these calisthenics can also help you improve muscle strength. Your neighborhood comprehensive support center can help you set up your own independent Wakuwaku Sukoyaka Taiso group.



↑ For more information!

3 Communication

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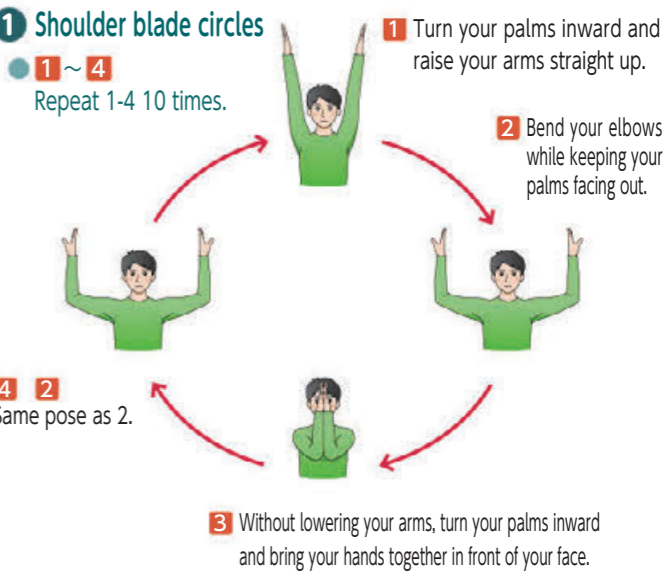
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Before walking! Stretches for preventing injury, raising your metabolism, and burning fat

1 Shoulder blade circles

1 ~ 4 Repeat 1-4 10 times.

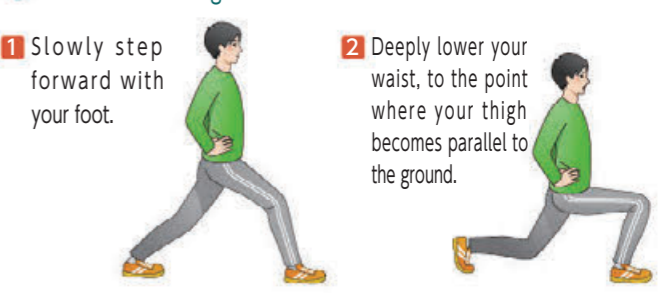
- Turn your palms inward and raise your arms straight up.
- Bend your elbows while keeping your palms facing out.
- Without lowering your arms, turn your palms inward and bring your hands together in front of your face.
- Same pose as 2.



2 Front and back of legs

- Stretch out your Achilles tendon, then bend your knee deeply and hold for three seconds.
- Perform for both legs.

- Slowly step forward with your foot.
- Deeply lower your waist, to the point where your thigh becomes parallel to the ground.



3 Ankles

- Roll the ankles on both legs clockwise and counter-clockwise.

After walking!

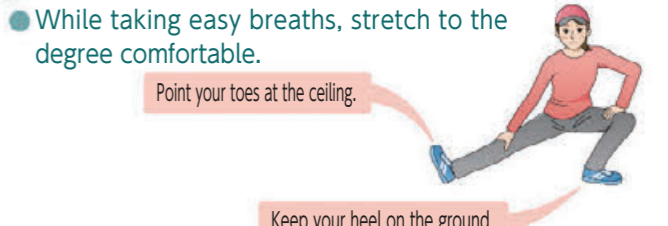
Stretches for easing tired muscles

1 Achilles tendon and leg stretches

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Point your toes at the ceiling.

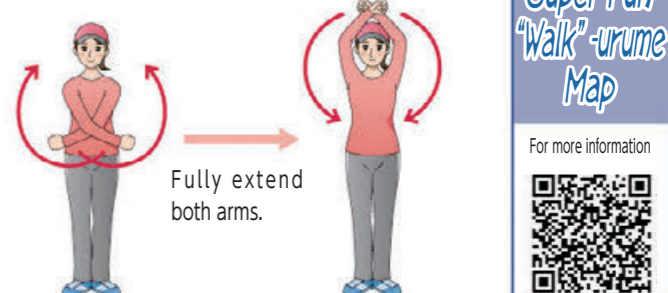
Keep your heel on the ground.



2 Shoulder circles

- Move your arms in circles so that they cross in front of your face 10 times.

Fully extend both arms.



Super Fun "Walk"-urume Map

For more information



Super Fun "Walk"-urume Map

2 Ochiai River Course & Tateno Ryokuchi Course



Eight-barbel loach
The eight-barbel loach only lives in clean rivers.

Ochiai River Course

Enjoy family fun, a charming waterfront area, and spring water

Dist. around 2.8 km **Time** around 42 min.
Steps around 4,000 steps **Cal. burned** around 126 kcal

Start Higashikurume City Hall

- ↓ around 1.0 km around 15 min.
- 1 Ochiai River Side Park**
- ↓ around 0.6 km around 9 min.
- 2 Minamisawa Green Conservation Area**
- ↓ around 0.2 km around 3 min.
- 3 Minamisawa Hikawa-jinja Shrine**
- ↓ around 0.2 km around 3 min.
- 4 Tamonji Temple**
- ↓ around 0.8 km around 12 min.

Goal Higashikurume City Hall



1 Ochiai River Side Park

Visitors can walk down directly into the water and have fun playing in a clear, clean river.



4 Tamonji Temple

The location of Bishamonten on the Higashikurume Seven Lucky Gods Pilgrimage. The temple's main gate was constructed at the end of the Edo period. (Grounds open to the public.)



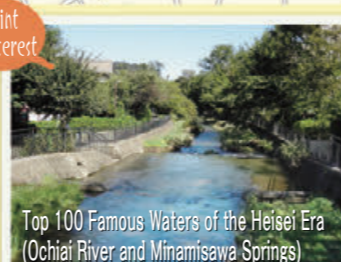
3 Minamisawa Hikawa-jinja Shrine

The guardian shrine of the former village of Minamisawa. Dedicated to the god of a spring since ancient times, the shrine holds offertory performances of the Minamisawa Lion Dance, a folk entertainment passed down from the Edo period, once every four years. (Grounds open to the public.)



2 Minamisawa Green Conservation Area

The location of Minamisawa Springs, which produces some 10 thousand tons of water daily. Enshrouded by a thicket of mixed trees, this soothing destination is also cool even in midsummer. (Open to the public.)



Top 100 Famous Waters of the Heisei Era (Ochiai River and Minamisawa Springs)

Selected for inclusion in the Ministry of the Environment's Top 100 Famous Waters of the Heisei Era, comprised of a list of 100 places out of all of the clean water resources in the entire country, in 2008.



3 Tateno Green Space

A portion of what remains of the railroad service line for the Nakajima Aircraft Company's Tanashi Metal Works laid in 1944. Along this walking path, visitors can enjoy looking at seasonal flowers and trees. (Open to the public.)



1 Ochiai River (Midori Bridge)

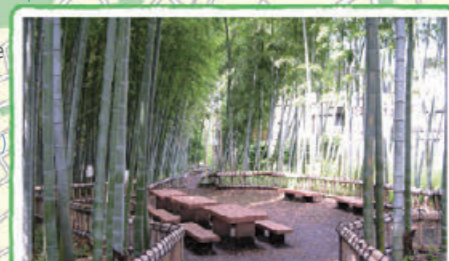
Tateno Ryokuchi Course
Greenery and historic Showa period sites situated away from the hustle and bustle

Dist. around 2.2 km **Time** around 33 min.
Steps around 3,140 steps **Cal. burned** around 99 kcal

Start Higashi-Kurume Sta. West Exit

- ↓ around 0.4 km around 6 min.
- 1 Ochiai River (Midori Bridge)**
- ↓ around 0.6 km around 9 min.
- 2 Chikurin Park**
- ↓ around 0.2 km around 3 min.
- 3 Tateno Green Space**
- ↓ around 1.0 km around 15 min.

Goal Nanbu Regional Center



2 Chikurin Park

A rare bamboo park, numerous moso bamboo trees can be found here, as well as an abundantly flowing spring.



Jiyu Gakuen

Five wood school buildings dating to the early Showa period have been designated Architectural Structures of Historic Value by the Tokyo Metropolitan Government and were designed by Arata Endo, a disciple of Frank Lloyd Wright. The buildings continue to be used today. (Ordinarily not open to the public. A special open campus event is held in May. See the official website for details.)



Turn left at Tateno Green Space and go down the alley up to the corner with a post office.

Course features

- Rivers
- Springs
- Parks
- Trees/green space
- Cherry trees
- Shrines
- Temples
- Family-oriented

Legend

- X Police box
- Emergency hospital
- Post office
- Shrine
- Temple
- School
- Kindergarten
- Nursery School
- Toilet
- Multifunction toilet
- Major bus stop

Other symbols:

- 57 Famous Tokyo Springs
- Abundantly-flowing spring
- 100 Famous Trees of Higashikurume
- Cherry trees
- National Cultural Property
- Major Higashikurume City Cultural Property

Calories burned for each course are calculated as 30 calories per 10 minutes of walking (for a person with a weight of 60 kg and a stride length of 70 cm). Times are calculated based on a walking speed of 4 kph. Steps are calculated based on one step equaling 70 centimeters.



Super Fun "Walk"-urume Map



3

Rokusen Park Course
Dist.: approx. 2.0 km

Start: AEON MALL Higashikurume Bus Stop
Goal: Lifelong Learning Center

Takiyama Course
Dist.: approx. 4.2 km

Start: Seibu Regional Center
Goal: Seibu Regional Center

Access between Higashi-Kurume Sta. and course start/goal points

- Higashi-Kurume Sta. West Exit → 10 min. bus ride → AEON MALL Higashikurume
- Higashi-Kurume Sta. West Exit → 2 min. bus ride → Central Library → 3 min. walk → Lifelong Learning Center
- Higashi-Kurume Sta. West Exit → 15 min. bus ride → Danchi Center → 3 min. walk → Seibu Regional Center

A municipal temporary use bicycle parking lot is located near the west exit of Higashi-Kurume Station.

Walking benefits

- Prevents lifestyle diseases
- Improves cardio-pulmonary function
- Alleviates stress

And more!

Abstain from exercise when sleep deprived and when experiencing ill health. Persons with chronic illnesses should consult with their primary physician before starting.

Walk 10 more minutes!

Walking is an exercise which is easy to do. National guidelines are to walk 8,000 steps a day*1, but less than 50% of men and women living in Tokyo between the ages of 20 and 64 walk at least 8,000 steps a day. Walking an extra 1,000 steps a day, around 10 minutes or walking, not only increases physical activity, it can also help prevent lifestyle diseases and alleviate stress.

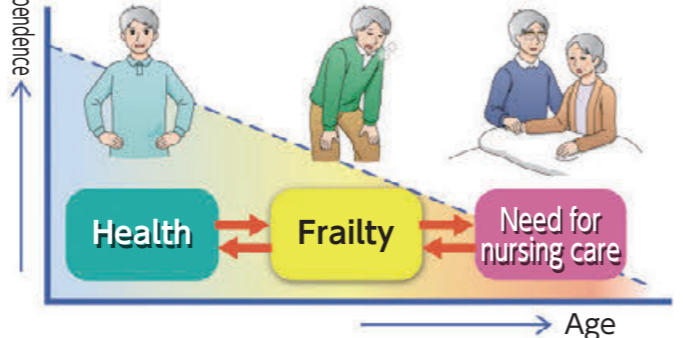
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Ideal walking form



Walk for a lifetime! 3 keys to staying healthy throughout your life - Keep frailty at bay!

Frailty: Frailty is the gradual decline of energy and muscle strength which occurs with age, eventually resulting in the need for nursing care.



1 A balanced diet

● Eat three meals a day consisting of a staple, main dish, and side dishes.

Before exercising Eating 30-60 minutes before helps build muscle!

After exercising Promptly supplying your body with protein and carbohydrates improves fatigue recovery and increases muscle mass!

Healthy bones are also important! Consciously intake one cup of milk or yogurt a day!

Recommended post-exercise light meals!

2 pieces of inari sushi + 1 large glass of milk (250 ml)	1 salmon onigiri + 1 large glass of soy milk (250 ml)	A tuna sandwich + a glass of 100% fruit juice
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Don't forget to hydrate

Sweating prevents the elevation of body temperature. When the body doesn't have enough water to sweat, there is a danger of experiencing heatstroke. Hydrate by drinking water or sports drinks. Note that drinks which contain caffeine (which promotes urination) such as coffee and tea are not good choices for hydrating.

How to put on shoes



2 Proper exercise

- Proper exercise can also help prevent dementia.
- Recommended simple muscle training exercises
- Remember to keep breathing!
- Start small, around 30 reps (3 sets of 10 reps) per day, three days a week.

Squats

- Keep your back straight and your face looking forward.
- Make sure your knees and toes are pointing in the same direction and keep your knees from sticking out beyond your toes.
- 1 Slowly lower yourself above a chair until your bottom is almost touching the seat.
- 2 Slowly stand back up.

Leg raises

- Point your toes at the ceiling.
- 1 Sit lightly in a chair and straighten your back.
- 2 Lift one leg while extending your knee as much as possible, then slowly lower it until your foot is almost touching the floor.

Higashikurume City's local calisthenics program **Wakuwaku Sukoyaka Taizo**

Higashikurume City's Wakuwaku Sukoyaka Taizo calisthenics are supervised by a rehabilitation specialist and are designed to prevent the need for nursing care. Recommended both before and after exercising, these calisthenics can also help you improve muscle strength. Your neighborhood comprehensive support center can help you set up your own independent Wakuwaku Sukoyaka Taizo group.

↑ For more information!

3 Communication

● Connecting with people and society at large gives you energy, vitality, and also helps keep both body and mind healthy.

Be sure to stretch!

Before walking! Stretches for preventing injury, raising your metabolism, and burning fat

1 Shoulder blade circles

1 ~ 4 Repeat 1-4 10 times.

- Turn your palms inward and raise your arms straight up.
- Bend your elbows while keeping your palms facing out.
- Without lowering your arms, turn your palms inward and bring your hands together in front of your face.
- Same pose as 2.

2 Front and back of legs

- Stretch out your Achilles tendon, then bend your knee deeply and hold for three seconds.
- Perform for both legs.

- Slowly step forward with your foot.
- Deeply lower your waist, to the point where your thigh becomes parallel to the ground.

3 Ankles

● Roll the ankles on both legs clockwise and counter-clockwise.

After walking!

Stretches for easing tired muscles

1 Achilles tendon and leg stretches

- While taking easy breaths, stretch to the degree comfortable.

Point your toes at the ceiling.

Keep your heel on the ground.

2 Shoulder circles

- Move your arms in circles so that they cross in front of your face 10 times.

Fully extend both arms.

Super Fun "Walk"-urume Map

For more information

Super Fun "Walk"-urume Map

3 Rokusen Park Course & Takiyama Course



Common kingfisher
Beautiful birds, common kingfishers have even been dubbed "jewels of clear rivers."

Takiyama Course

Visit urban greenery and nature walking destinations

Dist. around 4.2 km Time around 1 h. 3 min.
Steps around 6,000 steps Cal. burned around 189 kcal

- Start Seibu Regional Center**
- ↓ around 0.2 km around 3 min.
 - 1 Takiyama chuo-dori Ave.**
↓ around 0.4 km around 6 min.
 - 2 Takiyama Park**
↓ around 0.4 km around 6 min.
 - 3 Tsubaki Park**
↓ around 0.6 km around 9 min.
 - 4 Koshin-to**
↓ around 0.6 km around 9 min.
 - 5 Minamimachi Green Forest Conservation Area**
↓ around 1.2 km around 18 min.
 - 6 Walking path**
↓ around 0.8 km around 12 min.
- Goal Seibu Regional Center**



1 Takiyama chuo-dori Ave.
An east-west road connecting Takiyama and Maesawa. Lined with beautiful Japanese zelkovas.

Rokusen Park Course

Rokusen Park Course
Feel like a kid again in the center of Higashikurume
Dist. around 2.0 km Time around 30 min.
Steps around 2,860 steps Cal. burned around 90 kcal

- Start AEON MALL Higashikurume Bus Stop**
- ↓ around 1.0 km around 15 min.
 - 1 Rokusen Park Shibafu Square**
↓ around 0.2 km around 3 min.
 - 2 Rokusen Park Jomon no Oka**
↓ around 0.4 km around 6 min.
 - 3 Shinmeisan Park**
↓ around 0.4 km around 6 min.
- Goal Lifelong Learning Center**



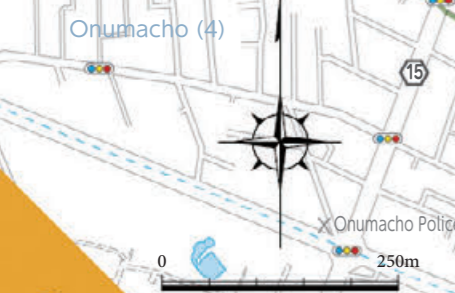
2 Rokusen Park Jomon no Oka



1 Rokusen Park Shibafu Square
This large park is located in the almost exact center of the city. The park has a lush lawn where children and adults alike can stretch out and play. The Rokusen Site, the ruins of a settlement dating to the mid-Jomon period, is preserved and maintained on the grounds.



5 Minamimachi Green Forest Conservation Area
This 11 thousand square meter conservation area primarily consists of sawtooth oaks, konara oaks, and Japanese snowbell. With its clear, clean air, it's the perfect place to go for a nature walk. Cool even in summer, you can also hear birds chirping in this soothing space. (Open to the public.)



Small efforts, lasting health
Tokyo Metropolitan Government Health Promoting character **KENKOUDESUKA-MAN**

Map prepared by Chuo Geomatics Co., Ltd.



3 Shinmeisan Park
A small waterside park located in a residential district. Small fish swim in the clean waters, and a spring makes beautiful ripples on the surface.



The left side consists of a consecutive stretch of productive green. Turn right at this three-forked junction.



4 Koshin-to



Walkways continue on either side of the pedestrian crossing; turn left here.



Turn left at the intersection with a parking lot and traffic mirrors.



3 Tsubaki Park
This park's camellias come into beautiful bloom at the beginning of spring. The park also has a hackberry tree selected for inclusion in the 100 Famous Trees of Higashikurume which is stunningly large.



Go past the car stop and turn left, then follow the walking path north.

- Course features**
- Rivers
 - Springs
 - Parks
 - Trees/green space
 - Cherry trees
 - Shrines
 - Temples
 - Family-oriented

- Legend**
- Police box
 - Emergency hospital
 - Post office
 - Shrine
 - Temple
 - School
 - Kindergarten
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Super Fun "Walk"-urume Map



Shimosato Course
Dist.: approx. 3.0 km

Start: Nishidanchi Iriguchi Bus Stop
Goal: Nishidanchi Iriguchi Bus Stop

Yanagikubo Course
Dist.: approx. 3.4 km

Start: Nishidanchi Iriguchi Bus Stop
Goal: Nishidanchi Iriguchi Bus Stop

Access between Higashi-Kurume Sta. and course start/goal points

Higashi-Kurume Sta. West Exit → 10 min. bus ride → Nishidanchi Iriguchi



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Alleviates stress

And more!

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Issued: February 2020
Produced by: Health Promotion Advancement Section Meeting, Higashikurume City Health Division, Welfare and Public Health Department, Higashikurume City ☎ 042-477-0022

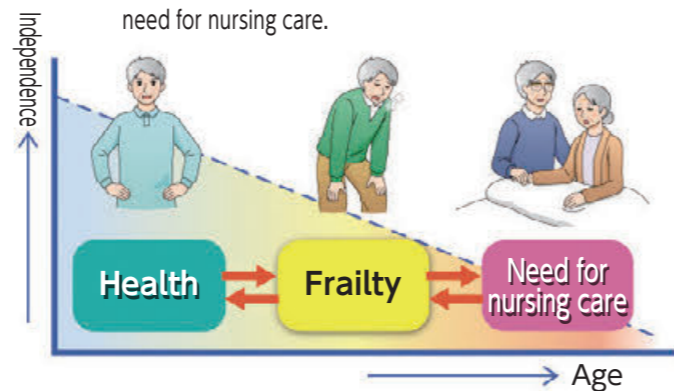
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A tuna sandwich + a glass of 100% fruit juice



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How to put on shoes

- Put on loosely so that the tips of your toes can wiggle inside
- Lightly tap the heel on the ground and, once your heel is firmly seated, tighten ankle laces
- Move your weight onto the tips of your toes, and, with your heel raised, tie your shoe firmly to secure it



2 Proper exercise

● Proper exercise can also help prevent dementia.

Recommended simple muscle training exercises

- Remember to keep breathing!
- Start small, around 30 reps (3 sets of 10 reps) per day, three days a week.

Squats

Keep your back straight and your face looking forward.

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Point your toes at the ceiling.



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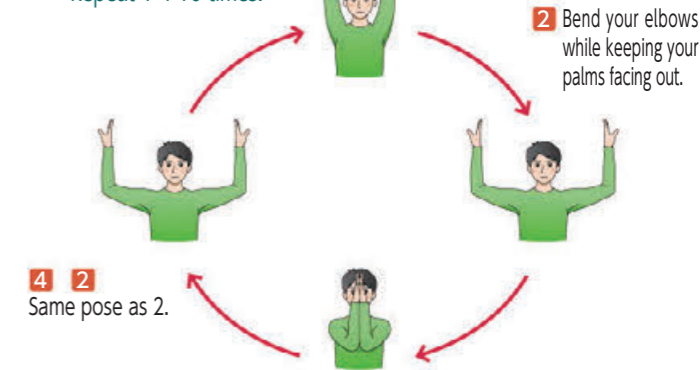


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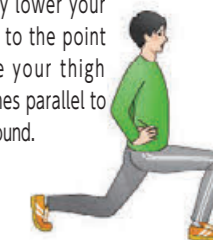
2 Front and back of legs

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- Perform for both legs.

1 Slowly step forward with your foot.



2 Deeply lower your waist, to the point where your thigh becomes parallel to the ground.



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- Roll the ankles on both legs clockwise and counter-clockwise.

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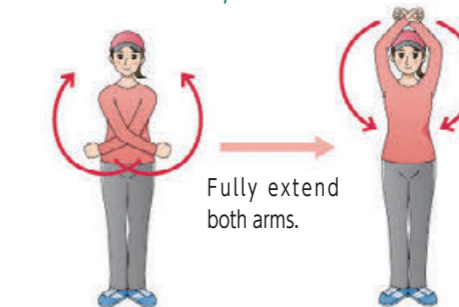
Point your toes at the ceiling.



Keep your heel on the ground.

2 Shoulder circles

- Move your arms in circles so that they cross in front of your face 10 times.



Super Fun "Walk"-urume Map

For more information



Super Fun "Walk"-urume Map

4 Shimosato Course & Yanagikubo Course



Yanagikubo wheat
This rare wheat variety has been eaten in Japan since the Edo period.

Yanagikubo Course

Walk a wooden boardwalk leading to Yanagikubo Tenjin Shrine and a mythical spring

Dist. around 3.4 km **Time** around 51 min.
Steps around 4,860 steps **Cal. burned** around 153 kcal

Start Nishidanchi Iriguchi Bus Stop

- ↓ around 0.6 km around 9 min.
- 1** Kurome River (Sakura Bridge) ↓ around 0.4 km around 6 min.
- 2** Yanagikubo Green Conservation Area ↓ around 0.2 km around 3 min.
- 3** Kurome River (Tenjin Bridge) ↓ around 0.2 km around 3 min.
- 4** Yanagikuboten-jinja Shrine ↓ around 0.6 km around 9 min.
- 5** Murano Family Residence ↓ around 0.8 km around 12 min.
- 6** Kurome River (Yanagi Bridge) ↓ around 0.6 km around 9 min.

Goal Nishidanchi Iriguchi Bus Stop



2 Yanagikubo Green Conservation Area

A forest consisting of an amalgamation of shrine and temple woods and private residence tree groves. The forest's Japanese zelkovas and bamboo-leaf oaks have grown large after being cared for for many years. (Open to the public.)



4 Yanagikuboten-jinja Shrine

The guardian shrine of the former village of Yanagikubo. A stone monument erected on the grounds in 1857 is inscribed with characters which are an old way of writing "Kurume." A spring situated along the approach to the shrine has been included in the 57 Famous Tokyo Springs. (Grounds open to the public.)



Saikachi-kubo

Saikachi-kubo is the name of a green space on the grounds of Kodaira Cemetery and it is also the location of the spring which is the source of the Kurome River. A phantom spring, now said to have dried up, was located here. (Open to the public.)



5 Shinyama Shinsui Park

Go down the path between the two large Japanese zelkovas.



5 Shinyama Shinsui Park

Visitors can enjoy the sight of Kawazu-zakura cherry trees in spring and a golden avenue of ginkgos in fall. There's also a river you can play in summer. In addition, a walking path makes it easy to walk with a stroller along the river.



1 Shinmiyamae Shinsui Path

This 400-meter-long walking path extends from Miyauro Bridge to Shinmiyamae-dori Street. Walkers can hydrate and take a break in a gazebo in the park along the way. Visitors can also enjoy the sight of plum blossoms in early spring.



5 Murano Family Residence

This is the only extant example of an Edo period thatch roof private home still standing in the city. Marks can still be seen on the pillars and other areas caused by an attack in 1866 during the Yonoashi Uprisings. A designated National Tangible Cultural Property. Note: As this is a private residence, it is not normally open to the general public.



4 Demizu River Square

The Demizu River merges with the Kurome River near Honmura Elementary School, and from here up to the Shinmiya Bridge, the river is diverted underground. The flowerbeds along the walking path delight the eyes of visitors.



2 Shimosato Hikawa-jinja Shrine

The guardian shrine of the former village of Shimosato. One of only a few Shinto shrines capable of holding a Bon Odori dance on its grounds, each year in August it bustles with Bon Odori dancers. (Grounds open to the public.)

Shimosato Course

Shimosato Hikawa Shrine and a tree-lined, sunlight-dappled walking path
Dist. around 3.0 km **Time** around 45 min.
Steps around 4,290 steps **Cal. burned** around 135 kcal

Start Nishidanchi Iriguchi Bus Stop

- ↓ around 0.2 km around 3 min.
- 1** Shinmiyamae Shinsui Path ↓ around 0.4 km around 6 min.
- 2** Shimosato Hikawa-jinja Shrine ↓ around 0.2 km around 3 min.
- 3** Kurome River (Miyako Ohashi Bridge) ↓ around 1.0 km around 15 min.
- 4** Demizu River Square ↓ around 0.8 km around 12 min.
- 5** Shinyama Shinsui Park ↓ around 0.4 km around 6 min.

Goal Nishidanchi Iriguchi Bus Stop

Course features

- Rivers
- Springs
- Parks
- Trees/green space
- Cherry trees
- Shrines
- Temples
- Family-oriented

Legend

- Police box
- Emergency hospital
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1 : 8,000
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