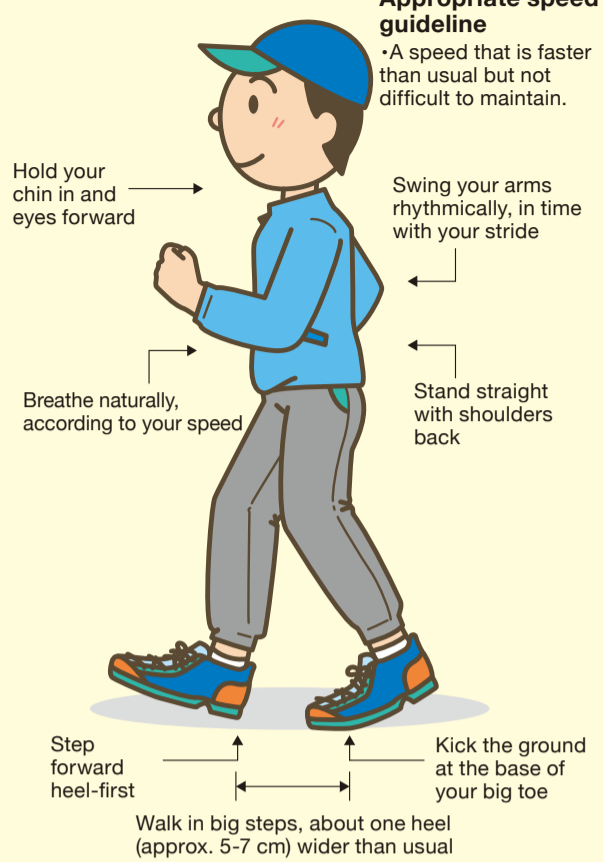


## Ideal posture for walking

### Good posture makes walking more effective!



## Don't forget to drink water

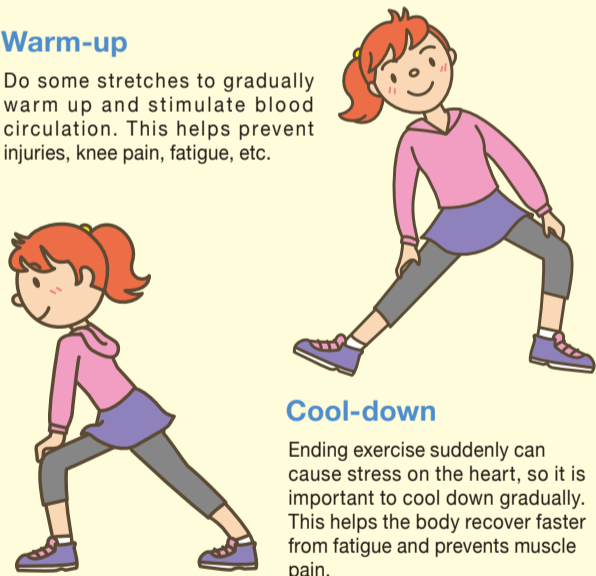
Sweating is a function that helps regulate body temperature. When the body lacks water necessary for sweating, this can cause heatstroke and other impairments. Remember to hydrate with water or a sports drink. Also, because caffeine is diuretic, drinks that contain caffeine are not suitable for hydration.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



## 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 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.
- **Instep** It should be able to be adjusted without tightening.
- **Shoe sole** It should flex according to movement. A thick sole with good cushioning
- **Heel** 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.



## 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.



Production Date: December 2018

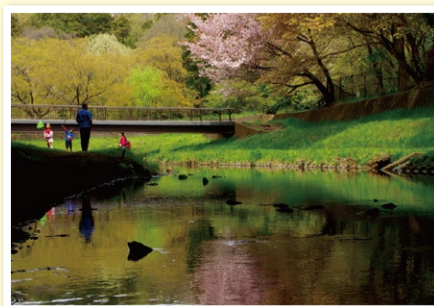
Production: Tokyo Metropolitan Government Construction Bureau River Planning Division

Address: 2-8-1 Nishi Shinjuku, Shinjuku-ku, Tokyo 163-8001, Japan

TEL: 03-5320-5425 (Direct) extension 41-464

## What kind of river is Nogawa-river?

It's a river of 22 km in length which is originated from Kokubunji city, flows through the southern end of Musashinodai area, and joins to the Tama river in Setagaya Ward. Along the river, it is designed where you can easily approach to the waterside and even walk down to the riverbed. This river offers beautiful natures season by season and relaxation to the people who loves to visit here.



Entry artwork for river photo contest

Tokyo Metropolitan Government  
Construction Bureau River Division

# Along the river Walking Map

## Nogawa Course 1



## The Benefits of Walking

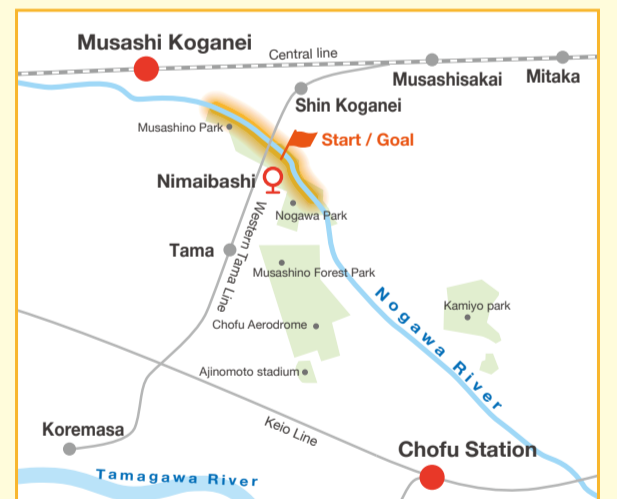
\*If you have a chronic illness, please consult your doctor before starting.

- 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)")

## Access till the start/goal point

### ● Nogawa Course 1



◆ JR Central line "Musashi-Koganei" station → From Odakyu "Musashi-Koganei station south entrance" bus stop get on heading towards "Mitaka station (south entrance)"

◆ Keiyo line "Chofu" station → From Keiyo bus "Chofu station north exit" bus stop get on heading towards "Musashi-Koganei station south entrance" and get off at "Nimaibashi" bus stop and walk for three minutes.

### From "Nimaibashi" bus stop till the start/goal point.



### Start / finish point



# Along the river Walking Map

## Nogawa Course 1

< Legend >

- A stairway/slope to the river bed
- Bathroom
- Bench
- Roofed arbor
- Information board
- Places where cars pass by
- Exercise equipment
- Place with drinking water
- School
- Post office
- Police office/station
- Traffic light
- Convenient store
- Bus stop
- Station
- Cherry Blossom Road
- Spring water pond
- Vending machine
- Temple
- Shrine
- Museum etc.



### Course Overview

- [Distance] Approximately **3.7 km**
- [Steps] Approximately **5,285 steps**
- [Time] Approximately **55 minutes**
- [Calories burned] Approximately **165 kcal**

• The number of steps of the course is calculated using one step=70cm.  
 • The time to complete the course is calculated at the speed of 4km/h  
 • The calories burned is calculated by 10minutes walking = 30kcal (If your weight is 60kg and stance is 70cm)

This map is created using the basic map information published by the Geographical Survey Institution under the approval of the Director of this institution. (Approval number, 2018 Use of Information, No. 1044)

### Walking Etiquette

- Follow the traffic rules and walk safely .
- Take your trash to your home.

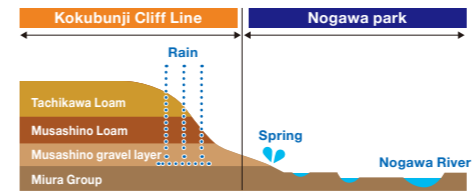
### Nogawa First and Second Adjustment Reservoir



When there is heavy rain, we preserve water of the Nogawa River (water capacity is about 160 times of average school swimming pool) to prevent flooding. In this reservoir, ponds, rice paddies and wetlands are maintained in order to support the restoration of nature in the neighborhood of the residents.

### Topics

#### Kokubunji Cliff Line



The cliff that continues to the left bank of Nogawa is called Kokubunji Cliff Line and its height is 10 to 20 meters. Tens of thousands of years ago, this terrain had been formed by the flow of the Tama River which washed off the surface and now it is a precious habitat for the animals and plants. The Kokubunji Cliff Line is commonly called "Hake (Cliff)" and clean spring water from "Hake" is the main source of water in Nogawa.

Illustration provided by: Nogawa Park Nature Observation Center

### Musashino Park



This park has barbecue areas, nursery field, baseball field, and grass area. You can enjoy cherry blossoms in spring, playing in the water in summer, changing color of leaves in autumn, and wild birds in winter.

### Nogawa Park



At this park, you can enjoy bathing in the sun and picnic on the spacious lawn. Also there are recreational facilities such as athletics gyms and tennis courts.

### Topics

#### Creatures living in Nogawa



Nogawa is home to a wide variety of animals and plants, including birds, insects, fish, and flowers. The popular kingfisher is a 17 cm length bird living in the river area which jumps into the water and catches fish. They have shiny cobalt blue color on their back and so are called "flying jewelry."

### Nature Observation Garden



You can enjoy the change of the nature such as trees, wild plants, birds and insects season by season in this wide range of variation of the nature such as water front and trivial wood forest created by spring water.

### Hotaru River and Hyotan River



It is a man made stream created with help of the residents for fish to lay eggs and/or to evacuate in case of flooding. To learn more about nature, the meeting for observing the living creatures in this park is regularly held.

### Wakimizu (Spring water) Plaza



Here you can observe spring water. During summer, it is crowded with children playing in the water, while during the cold winter, you can enjoy the view of the river fog.

