

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).

The Benefits of Walking



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

① Prevent lifestyle-related

Helps decrease blood glucose and Lower blood pressure. It is also said to reduce the risk of cancer, diabetes, and other lifestyle-related diseases.

② Improve cardiopulmonary Function

Making exercise a habit leads to Maintaining and improving the entire body, including over all 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).")

ちょっと実行、
ずっと健康。



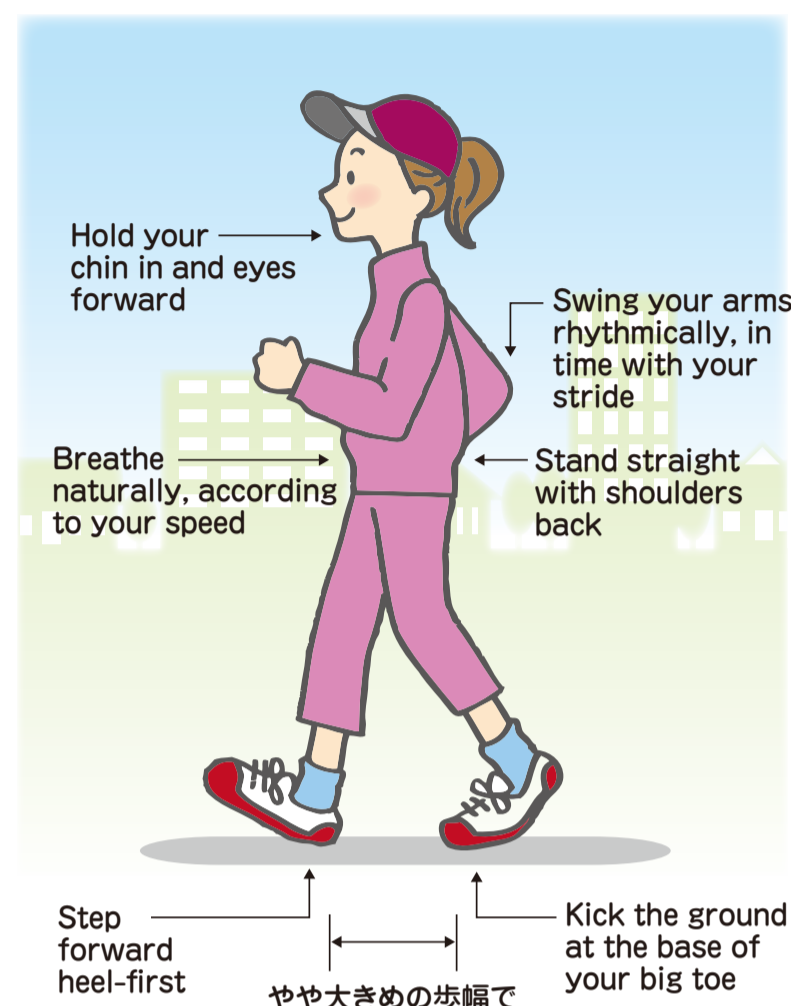
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 Miyakemura Office
 〒100-1212
 497 Aki, Miyakejima-miyake, Tokyo-to
 TEL: 04994-5-0911
 MIYAKEJIMA TOURIST
 ASSOCIATION
 〒100-1212
 672-3 Aki Miyakejima-miyake,
 Tokyo-to
 TEL: 04994-5-1144

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Ideal posture for walking



Good posture makes walking more effective!



Don't forget to drink water



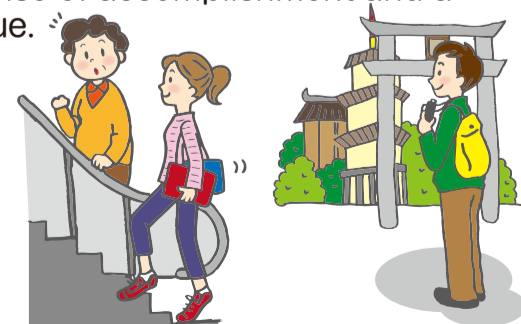
Sweating is a function that helps regulate body temperature. When the body lacks water necessary for sweating, this can cause heatstroke and other impairments. Remember to hydrate with water or a sports drink. Also, because caffeine is diuretic, drinks that contain caffeine are not suitable for hydration.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



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.

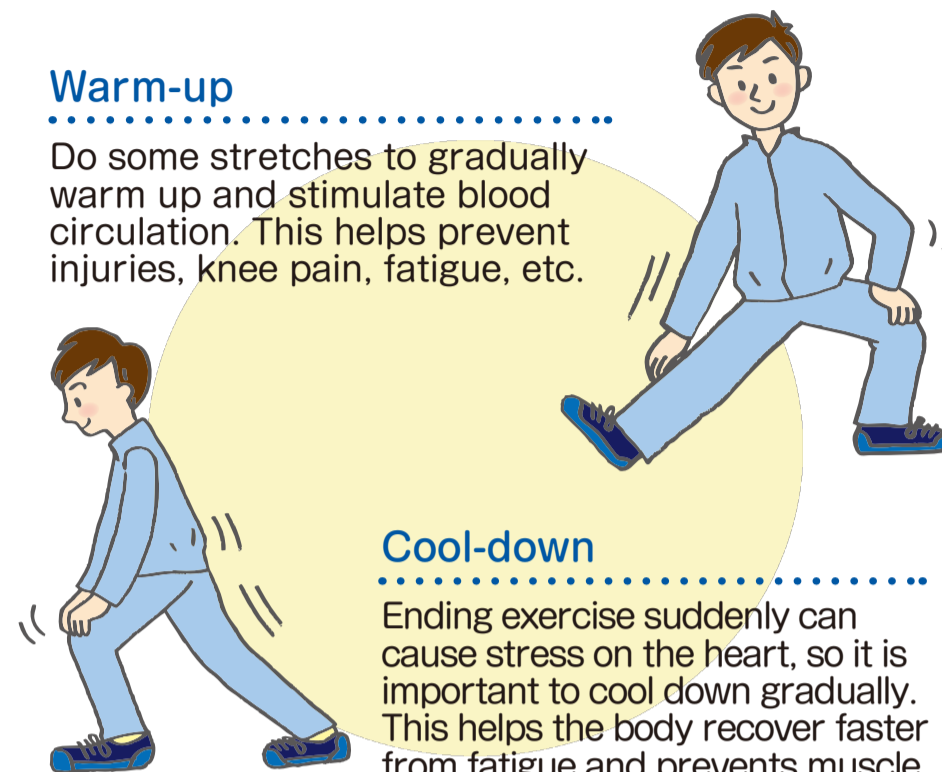


Before and After Walking



Warm-up

Do some stretches to gradually warm up and stimulate blood circulation. This helps prevent injuries, knee pain, fatigue, etc.



Cool-down

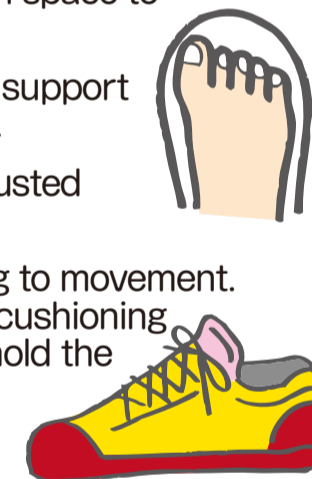
Ending exercise suddenly can cause stress on the heart, so it is important to cool down gradually. This helps the body recover faster from fatigue and prevents muscle pain.

※Do not put too much strain on your body when you are sleep-deprived or sick.

How to choose shoes



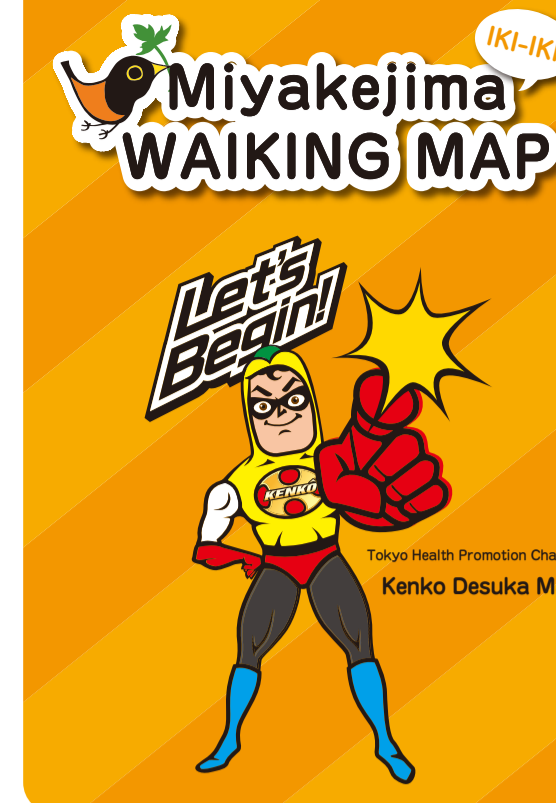
- ◆Material / The material should be light and breathable.
- ◆Toe area / There should be enough space to move your toes.
- ◆Foot arch / It should be shaped to support the insoles of your feet.
- ◆Instep / It should be able to be adjusted without tightening.
- ◆Shoe sole / It should flex according to movement. A thick sole with good cushioning. Heel It should firmly hold the heel in place.



How to put on shoes



- ① How to put on shoes 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.



How to walk on a slope not to hurt your knees



In principle, make your stride smaller both on uphill and downhill. If the stride is wider, the shock of each step is also bigger, and it results in bigger pressure for your knees.

When you make a step, bend your knees softly, with the image of your foot landing with the entire soles lightly. Let's consciously absorb the shock of each step with your muscles above the knees and flexing, and walk calm and softly.



Notes on walking



Walking long distances from the beginning is heavy on your legs, and it could also cause muscle pain which results in losing motivations for the next walk.

Start with a short distance first, and gradually increase the distance as you get used to it.

In addition, preparation is very important before exercise. Let's start walking after stretching till the body warms up.

Take small breaks frequently in the summer, and avoid walking on a day when high temperature is expected according to weather forecast.



Walking with Nordic walking using sticks



Nordic walking with a specialized pole helps increasing the effect of exercise because of reducing pressure on the legs, depending on how you use the pole. If you use it incorrectly, it might be heavier for your legs. Let's learn how to use it from specialized Nordic walk instructor. For those who would like to learn Nordic walking, please contact below.

●MIYAKEJIMA TOURIST ASSOCIATION
 TEL / 04994-5-1144



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Igaya District Course Introduction

Igaya district is where you can find numerous historic spots. Since the most part of the course is slope, let's keep your own pace firmly not to hurt your knees.

※ The number in the table is approximate.

Course	Distance	Number of steps	Time needed	Calories consumed
Short	2km	2,855steps	30minutes	90kcal
Middle	5km	7,140steps	1hour 15minutes	225kcal

• The number of steps in each course is calculated as 1 step = 70 cm.
 • The time required for each course is calculated at 4 km / h.
 • The calories to be consumed is calculated with: walking 10 minutes = 30 kcal.
 (In case of a person with the weight 60 kg, the stride width 70 cm)



Izu/Kamitsuki District Course Introduction

Izu/Kamitsuki District is where you can enjoy nature and visit the historical places. The seasonal sceneries include wild birds, cherry blossoms, drying Tengusa spots, etc. On sunny days you can view Mt. Fuji from many places.

※ The number in the table is approximate.

Course	Distance	Number of steps	Time needed	Calories consumed
Short(left)	3km	4,285steps	45minutes	Abut135kcal
Short(right)	3.2km	4,570steps	50minutes	Abut150kcal
Middle	6km	8,570steps	1hour and 30minutes	Abut270kcal
Long	11km	15,715steps	2hour 45minutes	Abut495kcal

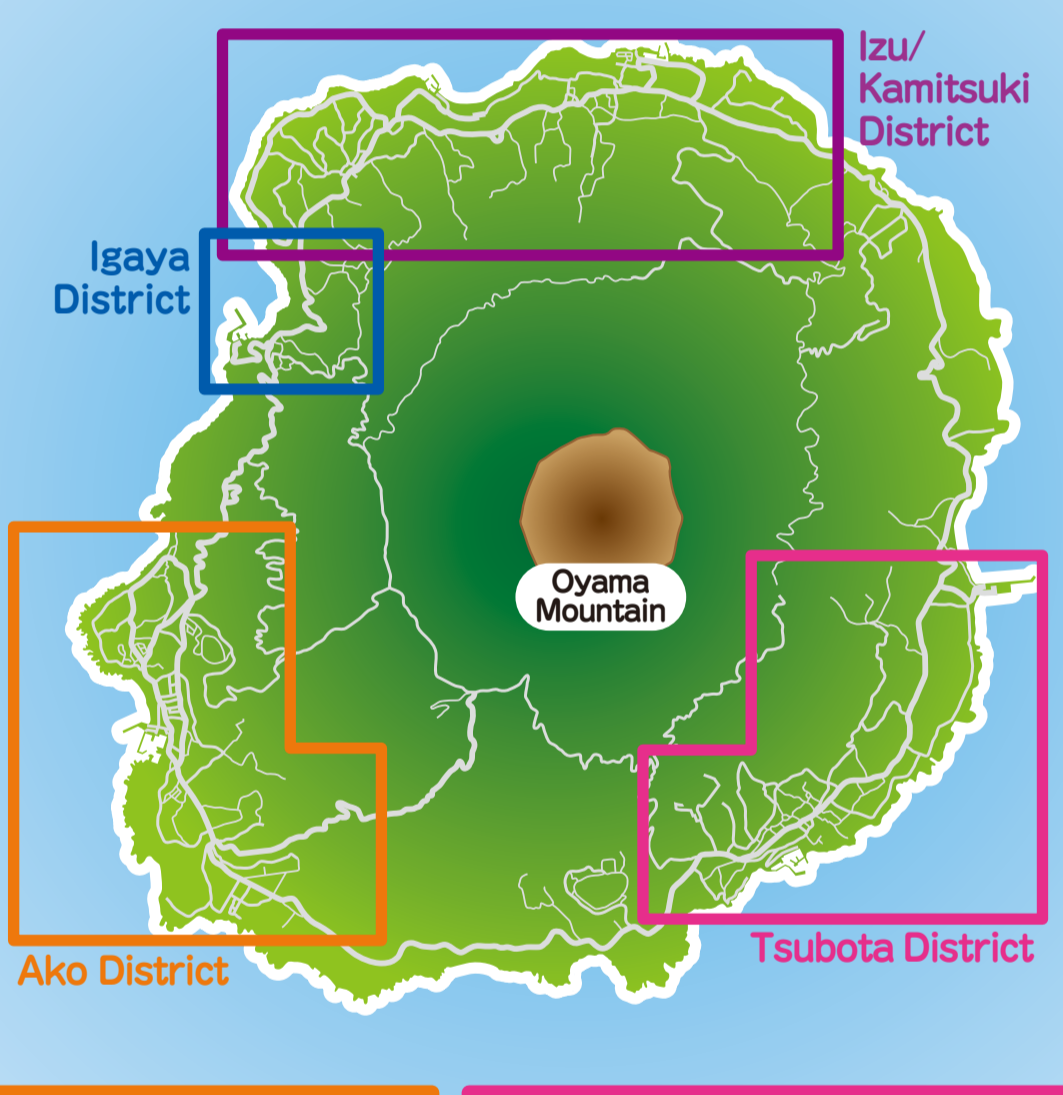


Ako District Course Introduction

Ako District is where you can enjoy a dynamic landscape with active eruption activity. During the day, you can enjoy a spectacular view at the Imasaki Beach, where you can also see the sun setting over the Pacific Ocean in the evening.

※ The number in the table is approximate.

Course	Distance	Number of steps	Time needed	Calories consumed
Short	2.6km	3,715steps	40minutes	Abut120kcal
Middle	5.5km	7,855steps	1hour 25minutes	Abut240kcal
Long	10km	14,285steps	2hour 30minutes	Abut450kcal



Tsubota District Course Introduction

The Tsubota District is where old-fashioned townscapes remain, and it is a pleasure just walking around. The coastline of about 2.5 km in length located on the sea side of the airport is an exquisite course with views of Mt. Oyama and Mikura Island.

※ The number in the table is approximate.

Course	Distance	Number of steps	Time needed	Calories consumed
Short	2.8km	4,000steps	45minutes	Abut135kcal
Middle	6km	8,570steps	1hour and 30minutes	Abut270kcal
Long	9km	12,855steps	2hour 15minutes	Abut405kcal

