

Brilliantly☆ Healthy Ota

Ota Health Plan Implementation Edition Pamphlet Supplement

My Health Promotion Grand Plan!

Health Walking Map Compilation



Small efforts, lasting health

Tokyo Metropolitan Government Health Promoting character
KENKOUDESUKA-MAN

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Ota City



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Ota City official mascot

はねぴよん

Hanepyon

The goal of the Ota Health Plan (3rd Edition) is to create a city in which each and every resident can live safely and have good health as well as a purpose in life throughout their lives. In addition, under the motto of “brilliantly health Ota,” Ota City is endorsing **four actions** as well as **health exams and cancer screening** in order to increase life expectancy. The four actions are **1) moderate exercise; 2) appropriate diet; 3) sufficient rest; and 4) reduced smoking and drinking.** Of all forms of exercise, walking is an aerobic exercise which anyone can easily engage in. Walking continuously for extended periods of time increases the proportion of fat which is used as energy, reducing body fat and in turn reducing obesity and lowering triglycerides in the blood, improving blood pressure and blood sugar levels. Make daily, continuous exercise a habit and actively get your body moving in order to lead a healthy, rich lifestyle.

Note: There are many other walking courses in addition to the nine introduced here. Check out the Hanepyon Kenko Points app for details.

Get healthier, have fun, and win prizes! Hanepyon Kenko Points

Improve your health and collect points to participate in raffles and win Hanepyon merchandise, sports and health items, and local specialties from Ota City. Get help maintaining positive lifestyle habits while experiencing the charms of Ota in a casual, fun way.

- Open to** Persons 18 years of age and over living or working in the city
- How to participate**
- The Hanepyon Kenko Points app
 - Special point sheets (distributed at the Health Promotion Division, Area Health Division, branch offices, and the Omori Sports Center)

▼ For details



Before starting walking

Key points for choosing shoes

Poorly fitting shoes can cause fatigue, blisters, bunions, and flat feet.

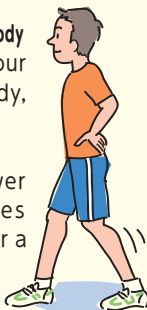
- **Can be fitted to foot with laces or straps.**
- **Heel is stable.**
- **Sole Bends at base of toes.**
- **Has cushioning for the heel.**



Warming up

Loosen up your muscles with light warm up exercises before walking.

- **Make big movements with your body**
Stretch your sides, stretch your back, rotate your upper body, etc.
- **Loosen muscles**
Stretch your upper and lower back, stretch your Achilles tendon, etc. Slow stretch over a period of 20 seconds.

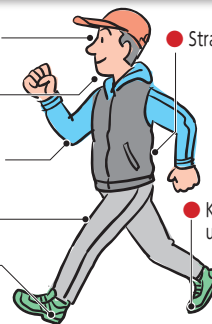


Get started walking!

Start at a comfortable pace which suits you. The important thing is to keep doing it every day.

Correct walking form

- Keep eyes focuses several meters ahead
- Tuck in chin
- Vigorously swing arms
- As possible, take long strides
- Land on heel
- Straighten back
- Kick off using toe tips



Don't forget to hydrate

The human body is composed of around 60-70% water. Frequently supplement the water lost through walking to prevent heatstroke!

POINT 1

In advance

Before exercising!



POINT 2

Frequently

Around half a cup (100 ml) each time



POINT 3

Sugar-free

Water or tea

Drink sports drinks when sweating a lot such as when playing sports!

Know your target heart rate

Walking is most beneficial when your heart rate is around the point where you are breathing a little hard. Aim to walk at a pace which results in the number of heartbeats (pulses) per minute around your target heart rate.

$$\text{your target heart rate} = (220 - \text{Age in years}) \times 0.6 \text{ (Exercise intensity)*}$$

*Persons who have not exercised much recently should start with "0.4" for their exercise intensity number. Change this value to match the level appropriate to you.

Further increase strength and flexibility on stairs

● When ascending

Land flat on whole base of foot, lift up rear leg, and push your weight forward. Focus on lifting your body up!

● When descending

Point knees and toes in the direction of movement and bend knees slightly to prevent knee pain.



After Walking

Take a relaxing bath

Recover from post-exercise tiredness, wash away the sweat, and refresh yourself! 10 minutes of bathing can also be expected to burn 80 kcal. Make sure to properly hydrate after your bath.

- **Warming effect:** Warms the body and promotes blood flow. Aids fatigue recovery and eases pain.
- **Water pressure effect:** The pressure of the water presses down on subcutaneous blood vessels, stimulating heart activity.
- **Buoyancy effect:** When floating in the water, the body effectively weighs 1/10th of normal. Rests muscles and joints, and loosens tension in the body.

Get good quality sleep

Exercise during the day helps achieve an appropriate sense of tiredness, making it possible to achieve high quality sleep. The benefits of good sleep include fatigue recovery, mood stabilization, and the maintenance of good decision-making capabilities. Aim for a balanced lifestyle by getting enough sleep for your age and engaging in moderate exercise such as walking.



Are your breaths too shallow? Breathing stimulates autonomic nerve activity

The key point is to completely exhale long and slow. Center body and mind with your breathing.

3 steps for breathing

- 1) Breathe out slowly from your mouth over a period of around 5 seconds.
- 2) Once complete, slowly breathe in through your nose.
- 3) Repeat steps 1 and 2 five times.

Get your body moving 10 minutes more than now

Putting a little extra effort into your everyday life can help you keep up the habit of exercising.

For example

- Get off one station before your stop and walk home
- Do some gardening or clean up
- Park your car in the space furthest away
- Play an instrument



Complete Course Map

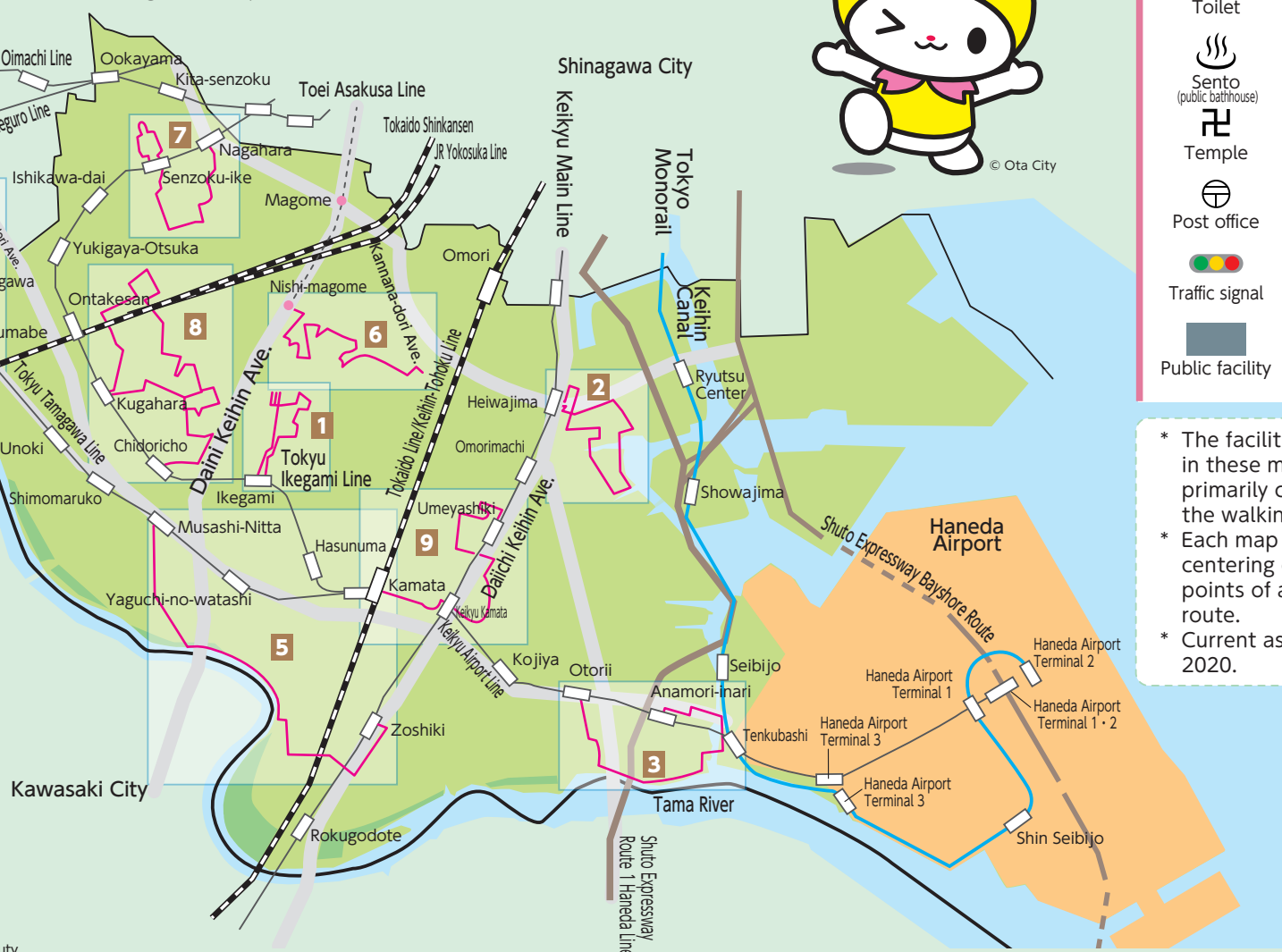
All nine courses of the Health Walking Map, which visit some of the many highlights of Ota City, are presented here. Improve the health of both mind and body while taking in the romance of history, immersing yourself in rich natural beauty, and exploring the famous sights of charming Ota City!



[Course map legend]

Bus stop	School
Toilet	Multifunction toilet
Sento (public bathhouse)	Shrine
Temple	Church
Post office	Police box
Traffic signal	Park
Public facility	Walking course

- 1** Explore a history-rich area
Ikegami Honmonji Temple **6**
- 2** Stroll around scenic and historic places
Ancient Tokaido road, now Mihara-dori St. **8**
- 3** An international airport's front doorstep
Explore the neighborhood of Haneda **10**
- 4** 100 Landscapes of Tokyo
From Den-en-chofu Station to Tamagawadai Park **12**
- 5** A neighborhood for enjoying history and nature
From Zoshiki Station to Musashi-Nitta Station **14**
- 6** From Saikiyama to Magome Writers' Village
Walk from Ota Bunka-no-Mori to Nishi-magome Station **16**
- 7** A scenic waterfront area accented with seasonal beauty
From Senzoku Pond to Koike Park **18**
- 8** A neighborhood rich in history and greenery
Walk Kugahara **20**
- 9** Movie stars' town
Walk from Umeiyashiki Station to Kamata **22**



* The facilities included in these maps are primarily connected to the walking courses.
 * Each map is a guide centering on the key points of a walking route.
 * Current as of March 2020.



Explore
a history-rich area

Ikegami Honmonji Temple

The origins of the Ikegami Honmonji Temple date back to when Ikegami Munenaka, a devout follower of the great priest Nichiren, donated a part of his estate after Nichiren's passing.

The temple has been frequented by daimyo (samurai lords) in the Edo period; and politicians, business leaders, and artists in more recent times. Accordingly, the graves of many famous people can be found here. The temple holds its Oeshiki ceremony memorializing Nichiren for three days each year from October 11; the lantern parade held on the night of the 12th is particularly lively and is a local seasonal fixture.

Work up a sweat walking while enjoying this historic destination.

Dist.	around 3.0 km	Time	45 (75) min./ 4,300 steps	Cal. burned	around 135kcal
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Note: Time required, calories burned, and number of steps are calculated based on a walking speed of 4 kph, walking 10 minutes equaling 30 kcal. burned, 1 stride equaling 70 cm, and a body weight of 60 kg. The time required in parentheses is the amount of time it actually took members of the collaborating organization to walk the course.

1 Start (Ikegami Sta.)

2 Main Gate

Built during the Genroku era (1688-1704). Depicted in the ukiyo-e prints of Hiroshige among others. Designated a Cultural Property by the city.



3 Stone steps

Scenic Point 1

Gaze down from the stone steps

4 Niomon Gate

5 Daido (Great Hall)

Although incomplete, the ceiling of the nave is decorated with a work by the late master artist Ryushi Kawabata.



6 Honden (Main Shrine)

7 Tahoto Pagoda

The ridgepole was raised in 1828 on the site where the great priest Nichiren was cremated; construction was completed 2 years later in 1830. A nationally-designated Cultural Property.



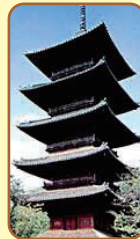
8 Daibo

9 Honmonji Park

10 Roho Hall

11 Five-Story Pagoda

Built in 1607. The oldest five-story pagoda in the Kanto region a nationally-designated Cultural Property.



12 Ikegami Hall

Scenic Point 2

From the roof of Ikegami Hall

13 Main Gate

14 Goal (Ikegami Sta.)



© Ota City



Stroll around scenic and historic places

Ancient Tokaido road, now Mihara-dori St.

Mihara-dori St. is situated on what was once a middle section of the old Tokaido road which connected the post station towns of Shinagawa-juku and Kawasaki-juku. From the Edo period, the street bustled as what was called an "ai no shuku" - an unofficial post station town between official post station towns. This section of the Tokaido traversed three "hara" districts of the former village of Omori almost perfect north-south, and thus was called the Mihara-dori ("Three Hara Street"). Even today, traces of the old Tokaido can still be found on Mihara-dori St. (whose name is now written with the character for "beautiful" instead of "three"). Work up a good sweat while taking in the vestiges of the Tokaido.

Dist.	around 4.2 km	Time	63 (60) min./ 6,000 steps	Cal. burned	around 189kcal
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Note: Time required, calories burned, and number of steps are calculated based on a walking speed of 4 kph, walking 10 minutes equaling 30 kcal. burned, 1 stride equaling 70 cm, and a body weight of 60 kg. The time required in parentheses is the amount of time it actually took members of the collaborating organization to walk the course.

1 Start (Heiwajima Sta.)

2 Old Tokaido Road Monument



★ Stone slab



3 Traffic signal

4 Maritime Accident Memorial Tower

Erected in 1855 to memorialize those lost in maritime accidents. Designated a Cultural Property by the city.



5 Kifunebori

This former canal was once connected to Tokyo Bay.



Scenic Point 1

6 Omori Furusato-no-Hamabe Park

This seaside park, the first to be established in Tokyo, has an artificial sandy beach and mudflat. The park was completed through workshops involving local residents.



7 Scenic Point 2

8 Oomori Nori Museum



9 Heiwa-no-Mori Park

10 Omori Fire Sta. traffic signal

11 Goal (Heiwajima Sta.)



Explore the neighborhood of Haneda

Since long ago, the fishing industry has flourished in the Haneda area, and in ancient times people here have given their heartfelt prayers to the gods and Buddha for protection and stability in life. Accordingly, there are many temples, Inari and other Shinto shrines, and memorials connected to the fishing industry in the area. Work up an invigorating sweat while exploring ancient roads and peddler streets, visiting shrines and temples, and discovering traces of historical events.

Dist.	around 4.0 km	Time	60 (56) min./ 5,710 steps	Cal. burned	around 180kcal
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Note: Time required, calories burned, and number of steps are calculated based on a walking speed of 4 kph, walking 10 minutes equaling 30 kcal. burned, 1 stride equaling 70 cm, and a body weight of 60 kg. The time required in parentheses is the amount of time it actually took members of the collaborating organization to walk the course.

1 Start (Anamori-inari Sta.)

2 Anamori Inari-jinja Shrine

An Inari shrine was built here after a storm created a large hole in a coastal levee during a land reclamation project.



3 Haneda Airport-Tenkubashi Pier

Can be used for water bus and cruise tours, etc. It can also be used for the waterborne transport of supplies after a disaster.



Scenic Point

4 Benten Bridge

5 Drowning Victims Memorial Tower

6 Remains of Haneda Ferry Crossing

7 Haneda-jinja Shrine

Known as the guardian shrine of Haneda. The shrine is famous for the unique way its portable shrine is carried in a method called the "yokota." Many tourists gather to watch.



8 Haginaka Park



9 Goal (Otorii Sta.)



© Ota City

Course provided by: Kamata Health Walking Club (a registered member of the Ota City Health Promotion Network)



From Den-en-chofu Station to Tamagawadai Park

Dist.	around 3.8 km	Time	57 (65) min./ 5,400 steps	Cal. burned	around 171kcal
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Note: Time required, calories burned, and number of steps are calculated based on a walking speed of 4 kph, walking 10 minutes equaling 30 kcal. burned, 1 stride equaling 70 cm, and a body weight of 60 kg. The time required in parentheses is the amount of time it actually took members of the collaborating organization to walk the course.

Den-en-chofu is a scenic neighborhood harmoniously blending lush nature with quiet residential areas. Avenues of ginkgo trees have been planted in a radial pattern in front of the station, and their leaves turn a stunning, brilliant shade of gold in autumn. The townscape of Den-en-chofu has even been selected for inclusion in the Ministry of Land, Infrastructure, Transport and Tourism's 100 Landscapes of Tokyo. It is also the location of the Sakurazaka hill road, a nationally famous destination for cherry blossom viewing. Work up an invigorating sweat while walking nature-enshrouded roads.

1 Start (Den-en-chofu Sta.)

2 Avenue of Ginkgos



3 Horai Park

A park famous for its plum trees. Natural forest grows on the grounds and there is also a fountain as well as a pond where ducks play.



4 Black Pine of Akiba

15 meters tall and four meters in circumference at the trunk. Said to be 300 years old, it has been designated a Natural Monument by the Tokyo Metropolitan Government.



Scenic Point 1

5 Tamagawadai Park

Sprawls across 750 meters of hills following the Tama River. Situated on the sites of Kamenokoyama Tomb Mound, Horaisan Tomb Mound, and Tamagawadai Tomb Mounds Group.



Scenic Point 2

6 Kamenokoyama-kofun Ancient Tomb

7 Sengen-jinja Shrine



8 City's oldest tunnel

9 Rokugo Irrigation Canal Walking Trail

This agricultural irrigation canal was created to aid the development of farming villages on the outskirts of Edo and contributed to the financial stability of the Tokugawa shogunate clan.



10 Goal (Numabe Sta.)



© Ota City



From Zoshiki Sta. to Musashi-Nitta Sta.

The Rokugo/Yaguchi area faces the Tama River and much rich natural beauty can still be found here. There are also many historic sites connected to the famous samurai Nitta Yoshioki located in this area, and visitors can experience a sense of history. The area also has many other faces, being home to factories and shops as well as long being a place where homes and new apartment buildings intermingle. Work up an invigorating sweat while walking and enjoying history and nature. After your walk, why not relax in one of the area's sento (public bathhouses) blending in with the surrounding townscape?

Dist.	around 5.0 km	Time	75 (84) min./ 7,140 steps	Cal. burned	around 225kcal
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Note: Time required, calories burned, and number of steps are calculated based on a walking speed of 4 kph, walking 10 minutes equaling 30 kcal. burned, 1 stride equaling 70 cm, and a body weight of 60 kg. The time required in parentheses is the amount of time it actually took members of the collaborating organization to walk the course.

① Start (Zoshiki Sta.)

② Rokugo-jinja Shrine

This Shinto shrine holds a children's Yabusame (horseback archery) event, designated as Important Intangible Folk-Cultural Property by Tokyo Metropolitan Government, each year in January in which young boys sit on a wooden horse and shoot bamboo arrows with a camellia bow at a white cloth decorated with images of four sets of eyes. The event is held to pray for the children's luck, health, and growth.



③ Chisan Sect An-yoji Temple



④ Tama River embankment



Scenic Point

⑤ Site of the Yaguchi Ferry

This area was used as the last ferry crossing in the city up until the completion of the Tamagawa Ohashi Bridge in 1949. It is said that the samurai Nitta Yoshioki met his unfortunate end at this spot.



⑥ Higashi Hachiman-jinja Shrine

⑦ Jikki-jinja Shrine

Records state Nitta-jinja Shrine was established to enshrine the spirits of Nitta Yoshioki and 10 of his retainers, who were deliberately murdered at the Yaguchi Ferry crossing.



⑧ Nitta-jinja Shrine

Records state Nitta-jinja Shrine was established to enshrine the spirit of Nitta Yoshioki, who was deliberately murdered at the Yaguchi Ferry crossing. The shrine's sacred zelkova tree was once split in two by lightning, but it continues to grow lush with greenery each spring.



⑨ Goal (Musashi-nitta Sta.)



Walk from Ota Bunka-no-Mori to Nishi-magome Station

Dist.	around 3.7 km	Time	56 (70) min./ 5,290 steps	Cal. burned	around 167 kcal.
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Note: Time required, calories burned, and number of steps are calculated based on a walking speed of 4 kph, walking 10 minutes equaling 30 kcal. burned, 1 stride equaling 70 cm, and a body weight of 60 kg. The time required in parentheses is the amount of time it actually took members of the collaborating organization to walk the course.

Start at Ota Bunka-no-Mori, a space for residents to engage in cultural exchange, and walk to Nishi-magome Station. This area was once called “Magome Bunshimura” (Magome Writers' Village), and was home to numerous artists and cultured persons, including novelist Hanako Muraoka, who was depicted in the popular daytime television drama “Hanako to Anne.” There is also little vehicle traffic; why not come walk streets rich in natural beauty while reflecting on the artists who once lived here?

1 Start (Ota Bunka-no-Mori)



2 Saikiyama Ryokuchi Park

Situated on a small mountain, this park commands a view of part of Haneda, Kamata, Kojiya, and Omori. There are also benches which can be used to take a break while gazing at the scenery of Ota under the shade of a tree.



Scenic Point 1

3 Ryushi Memorial Museum (Ryushi Park)

Hours: 9:00 a.m.-4:30 p.m. Closed Mon. (closed the following day if a hol.). The former home and studio of painter Ryushi Kawabata, personally designed by the artist, is maintained on the grounds of Ryushi Park.



4 Magome Cherry Tree-lined Avenue

A beautifully paved, tree-lined street in a quiet residential neighborhood. Sure to put you in a good mood no matter what time of year. Magome Bunshimura (Magome Writers' Village) Cherry Blossom Festival is held here in early April each year.



5 Kirisato Nature Park

6 Tokyo Metropolitan Bureau of Transportation Magome Rolling Stock Inspection Depot

The Toei Asakusa Line subway railyard. Keisei, Keikyuu, and Hokusou Line trains also kept here.



7 Dodomeki Bridge

A bridge which passes over the Tokyo Metropolitan Bureau of Transportation Magome Rolling Stock Inspection Depot. Visitors can look down on numerous trains in the depot.



Scenic Point 2

8 Goal (Nishi-magome Sta.)

A scenic waterfront area accented with seasonal beauty

From Senszoku Pond to Koike Park



Senzoku Pond's name literally means "Foot Washing Pond," which it gained after the great Buddhist priest Nichiren washed his feet in it while traveling from Mt. Minobu to Hitachi Province to recuperate. Supplied by the Shimizukubo-yusui Spring, the pond is 40 thousand square meters in area and delights visitors throughout the year with seasonal beauty, including cherry blossoms in spring, fresh verdure in summer, fall foliage in autumn, and migratory birds in winter. Come enjoy walking amidst cool waterside breezes, from the walking path along the murmuring Senszoku Nagare canal flowing from Senszoku Pond, to the water-rich Koike Park.

Dist.	around 3.0 km	Cal. burned	around 135kcal
Time	45 (50) min./4,290 steps		

Note: Time required, calories burned, and number of steps are calculated based on a walking speed of 4 kph, walking 10 minutes equaling 30 kcal. burned, 1 stride equaling 70 cm, and a body weight of 60 kg. The time required in parentheses is the amount of time it actually took members of the collaborating organization to walk the course.

1 Start (Senzoku-ike Sta.)

2 Senszoku Pond



Scenic Point

3 Ikezuki Bridge

Bustles in spring as a famous destination for cherry blossom viewing. During the Shunsho-no-Hibiki event held each year in May, romantic flute music is performed which reverberates on the surface of the water.



4 Graves of Katsu Kaishu and his wife

Katsu Kaishu (1823-1899) had a villa on Senszoku Pond and records state he was later buried behind the estate. Designated a Cultural Property by the city.



5 Katsu Kaishu Memorial Museum (former Seimei Bunko Library)

The Katsu Kaishu Memorial Museum operates out of the former Seimei Bunko Library, a national Registered Tangible Cultural Property, and was opened in September 2019. The museum introduces the achievements of Katsu Kaishu and his connection to Ota City, as well as presenting Kaishu's ideas and the history of the area.



6 Senszoku Nagare canal

A 1.5-kilometer-long walking path follows this canal flowing from Senszoku Pond. An avenue of cherry trees delights with its blossoms in the spring; visitors can also see spot-billed ducks and common carp here.



7 Koike Bridge

8 Koike Park

From a deck and bank which are making use of a large pond, visitors can see seasonal wild birds, flowering plants, and swimming fish.



Scenic Point

9 Goal (Nagahara Sta.)

A neighborhood rich in history and greenery

Walk Kugahara

Kugahara is a district which harmoniously blends an abundance of flowers and greenery with residences. At the same time, Kugahara is also the location of numerous historic sites, including the oldest in the city. Enjoy walking the streets of Kugahara, exploring quiet residential areas accented with seasonal flowers and plants, and historic places like Dodobashi Hachiman-jinja Shrine and the Kugahara Shusse Kannon.

North Course	Dist.	around 5.3 km
	Time	80 (90) min./7,570 steps
	Cal. burned	around 239kcal

1 Start (Kugahara Sta.)

2 Avenue of lilacs

3 Willow Police Box

The Kugahara Police Box is situated in the almost exact center of the district. Nicknamed the "Willow Police Box," a willow tree out front, the second to stand here, serves as a symbol of the police box.



4 Kugahara Branch Office's City Residents' Gallery

5 Kugahara Library's local Kugahara history and culture corner

Displays old photos, tools, and implements found in the area, conveying the charming lifestyle of Kugahara.



6 Kugahara Shusse Kannon

Mourning the death of prime minister Hirobumi Ito, the proprietress of the Shin Kiraku ryotei restaurant in Tsukiji commissioned the creation of a statue of Kannon modeled after that of the Kinpusenji Temple.



7 Dodobashi Hachiman-jinja Shrine

8 Avenue of cherry trees

9 Yukigaya Culture Center's standing exhibition dedicated to calligrapher Shoko Kanazawa

As the starting point for the career of nationally and internationally acclaimed calligrapher Shoko Kanazawa, this city branch office maintains a standing exhibition of the artist's work.



10 Higashi-Chofu Park

11 Goal (Kugahara Sta.)

Note: Time required, calories burned, and number of steps are calculated based on a walking speed of 4 kph, walking 10 minutes equaling 30 kcal. burned, 1 stride equaling 70 cm, and a body weight of 60 kg. The time required in parentheses is the amount of time it actually took members of the collaborating organization to walk the course.

● Course provided by: Kugahara District Residents' Association Federation

South Course	Dist.	around 3.5 km
	Time	52 (70) min./5,000 steps
	Cal. burned	around 158kcal

1 Start (Chidoricho Sta.)

2 Chidori Ikoi Park



●● Scenic Point 1

3 Green space on the grounds of Hills Kugahara

A soothing space of water and greenery enshrouded by trees, flowers, a fountain, and a pond. The park's clean, crisp air eases away the fatigue of a walk.



●● Scenic Point 2

4 Kugahara Sakura Children's Park

5 Kugahara Library's local Kugahara history and culture corner

Note: See North Course 5 for photo and info.

6 600-year-old giant zelkova

7 Kugahara Branch Office's City Residents' Gallery

8 Willow Police Box

Note: See North Course 3 for photo and info.

9 Avenue of lilacs

10 Goal (Kugahara Sta.)



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Walk from Umeyashiki Sta. to Kamata

The Kamata district is one of Ota City's central areas; National Route 15, National Route 1, and Keiyou and JR lines run through it north to south; Kanpachi-dori Ave. and Tokyu lines pass through east to west. People used to say "trends come from Kamata," and it was also the birthplace of many movie stars and hit works. Mixing the diverse atmospheres of bustling commercial areas, quiet residential neighborhoods, and historic sites, Kamata is a place you'll want to take your time and enjoy.

Dist.	around 3.9 km
Time	59 (56) min./5,570 steps
Cal. burned	around 176kcal

 Kamata-Higashiguchi Shopping Street
 Kamata Kyoekai
 Keihin Kamata Shopping Street
 Ayame Shotenkai
 Umeyashiki-baikoukai co-operative union
 Kinema-dori Shotenkai

Note: Time required, calories burned, and number of steps are calculated based on a walking speed of 4 kph, walking 10 minutes equaling 30 kcal. burned, 1 stride equaling 70 cm, and a body weight of 60 kg. The time required in parentheses is the amount of time it actually took members of the collaborating organization to walk the course.

1 Start (Umeyashiki Sta.)

2 Tsuruwatari Park

3 Myodenji Temple

4 Hieda-jinja Shrine

This Shinto shrine was built thanks to donations provided by residents of the village of Kitakamata in 1800. Its stone torii gate is one of the oldest of its kind in the city.



5 Tsubaki-jinja Shrine

Famous since ancient times for curing coughs, this Shinto shrine is unusual in that worshippers make an offering of an incense stick in a practice mixing Buddhism and Shintoism.



6 Seiseki Kamata Umeyashiki Park

This park was originally built by Yamamoto Kyusaburo, who sold a common travel medicine called Wachusan during the Bunsei era (1818-1830); it became a famous destination for viewing plum blossoms from the Meiji period onward. The current park consists of a portion of the original.



7 Kitano-jinja Shrine

8 Meotobashi Shinsui Park

The current Meoto Bridge was built in 1983, but the main pillars of the old Meoto Bridge have been preserved in this park. In spring, visitors can enjoy the sight of cherry blossoms, and, in fall, the beautiful autumn foliage of ginkgo trees.



Scenic Point

9 Danjo Bridge



10 Myoanji Temple/Kamata Hachiman-jinja Shrine

11 Keihin Kamata Park

12 Shochiku Bridge (Aroma Square)

Situated on the grounds of Aroma Square built on the site of the Shochiku Kinema Kamata Studio, this recreation of the original Shochiku Bridge was used in the film "Final Take."



13 Goal (JR Kamata Sta.)



© Ota City

Reference: "Ota-ku walking guide 2," Toshiyasu Nishimura



In addition to exercise, improving your diet is essential to becoming healthier. Aim to prevent or reduce obesity and develop a healthy body free from illness by eliminating excess intake and focusing on a balanced diet.

Think you ate too much? Time for a walk!



One centimeter of fat on your belly is equivalent to one kilogram of body weight. Reducing body weight by one kilogram requires you to burn 7,000 kcal. However, if you exercise enough to burn 240kcal. a day and hold back on sweets, you can lose one kilogram in a month!



If you eat just this...

Calories

- 1 donut (40 g) 150 kcal.
- 1 nikuman meat bun (110 g) 276 kcal.
- 1 cream puff (100 g) 245 kcal.
- Apple juice 30/50% (280 ml) 129 kcal.
- 1 glass of wine (100 cc) 73 kcal.

Just walk this much!

Equivalent amount of exercise

- | | |
|----------------|----------------|
| [Slow walking] | [Fast walking] |
| 68 min. | 33 min. |
| 125 min. | 61 min. |
| 111 min. | 54 min. |
| 59 min. | 29 min. |
| 33 min. | 16 min. |

Sweets and alcoholic beverage calorie table			
Ice cream (100 g)	180kcal	1 can of beer (350 ml)	140kcal
Chocolate bar (100 g)	558kcal	1 can of happoshu (350 ml)	157kcal
1 dorayaki cake(85 g)	241kcal	Sports drink (500 ml)	100kcal*
1 daifuku mochi rice cake (100 g)	235kcal	1/2 apple (150 g)	81kcal
1 bag of potato chips (30 g)	166kcal	1 banana (100 g)	86kcal

Note: A 500 ml reduce calorie sports drink will be less than 100 kcal.



Food labels are filled with useful health information!

Check the nutrition facts label, not the ad copy! Make it a habit to choose food based on nutrition facts labels and make sure you're not getting too much or too little of anything in your daily diet.



Nutrition facts label (ex.)	
Per cup (200 ml)	
Cal.	61kcal
Protein	6.0g
Fat	0g
Carb.	9.3g
Salt equivalent	0.2g
Calcium	20ml
Vitamin C	10ml

Key points

- 1 Check the nutritional content for the amount you actually eat!
 ➔ If you drink 100 ml, the nutrition content would be half that shown on the label.
- 2 Check food's salt equivalent!
 ➔ Recommended daily table salt intake is less than 7.5 g for men and 6.5 g for women. (According to the 2020 Dietary Reference Intakes for Japanese.)

A cornucopia of color! Be sure to eat plenty of vegetables!

- ◆ Proactively eat vegetables rich in vitamins, minerals, and dietary fiber.
- ◆ Vitamins and minerals are also effective at preventing lifestyle diseases. **Eat around 350g of vegetables daily.**
- ◆ Farmer's and morning markets are held all over the city. Why not go out and find the vegetables available near you?

◆ 350 g vegetable recommended daily intake

Spinach ohitashi 70 g		Nishime (Simmered Japanese Vegetables) 140 g	
Chilled tomato slices 70 g		Simmered hijiki seaweed 70 g	
Kabocha nimono 70 g		Mushrooms sauteed in butter 70 g	
Hearty miso soup 70 g			

● Be smart mixing and matching to reach 350 g

Get energy with the right amount of fruits each day! (Do you know what the right amount of fruits is?)

Fruits contain an abundance of dietary fiber, vitamin B1, vitamin A, and vitamin C, all necessary for the maintenance of health.

They also contain much calcium, which promotes the excretion of salt from the body, making them an efficient way to get one's required nutrients. **The appropriate daily intake of fruits is 200 g (edible portion).**

◆ Daily 200 g fruit combination examples

1 satsuma mandarin and 1/2 apple		1/2 Nashi pear and 1/2 bunch of grapes	
1 kiwi and 1 banana		1 persimmon and 1/2 Nashi pear	

● Recommended daily intake of 200 g
 Equal to 2 satsuma mandarins, 1 apple, 2 persimmons, or 1 Nashi pear.

Nutrition essential for exercise Are you getting enough dairy?

Dairy contains a balance of many nutrients, including good quality protein and fats as well as calcium, vitamin A, and vitamin B2.

In addition, calcium is an essential nutrient for bones and teeth as well as signaling in the nerves, the movement of the muscles, and the regulation of metabolism.

◆ Recommended daily milk/dairy products intake

1/2 cup milk	1 section of cheese	1 sliced cheese	1 yogurt pack
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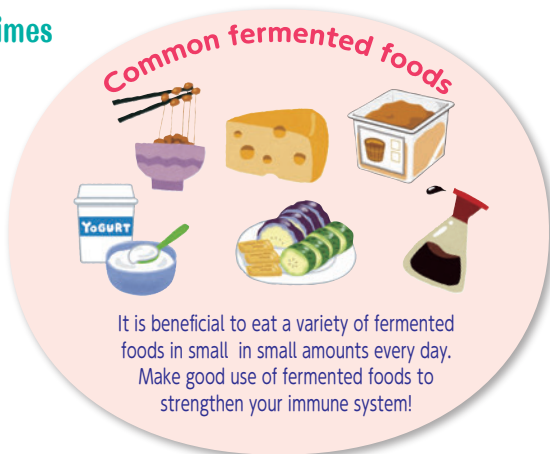
Combine two for one portion per day

Food wisdom from ancient times Eat fermented foods

Fermented foods have been a part of everyday life since ancient times. They have a variety of benefits, so aim for a healthy lifestyle by incorporating them smartly into your life.

Benefits

- Produces an abundance of flavor
- Enhances nutritional value
- Improves food shelf life
- Regulates intestinal bacteria



Pack with nutrients! The wonders of dried foods

Dried foods have existed in Japan since ancient times; they keep at room temperature for a long time and are also highly nutritional. Sun-drying foods also enhances their flavor and aroma. The everyday shiitake mushroom, for example, experiences a massive boost in vitamin D after exposure to sunlight. Compared to raw foods, the nutritional value of dried foods is more concentrated and they also contain an abundance of dietary fiber, so be sure to incorporate these foods regularly into your meals.



After your walk... Get healthier with local foods

Haneda is a treasure trove of marine foods. Here you can find a full array of Tokyo's favorite seafoods, including conger eel, Asari clam, and goby. After working up a sweat and an empty belly, enjoy some local foods and further improve your health! You'll experience a variety of benefits!



Cooking ingredients	Primary nutrients	Benefits
Conger eel	Oleic acid, vitamin A, vitamin E	•Prevents diseases such as high blood pressure and diabetes •Enhances skin health
Asari clams	Vitamin B, vitamin E, iron, calcium, zinc	•Prevents anemia •Enhances nutrient absorption
Goby	Calcium, vitamin D, vitamin E	•Prevents osteoporosis

Keep your teeth healthy!

Work on improving your health starting with your mouth in order to improve your quality of life, enjoy an active lifestyle, and ensure you have more than 20 teeth even at the age of 80!



Keys to maintain healthy teeth

- 1 Live according to a proper schedule and eat a balanced diet
- 2 Chew your food thoroughly
- 3 Brush your teeth thoroughly and take your time
- 4 Regularly have tartar removed by a dentist
- 5 Don't ignore cavities



Ota City sports and exercise facility information

Current as of March 2020

● **Ota City training rooms** Note: Purchase a ticket at the provided ticket machine. Shared ticket books are also available for the three of the facilities below.

Facility	Address	Phone
Omori Sports Center	2-2-5 Omori-Honcho	☎03-5763-1311
Ota Citizen's Plaza	3-1-3 Shimo-Maruko	☎03-3750-1611
Life Community Nishi-Magome	2-20-1 Nishi-Magome	☎03-3778-2581

● **Parks with physical fitness equipment** Note: Utilize park physical fitness equipment and make daily exercise a habit.

Facility	Address
Honmonji Park	1-11-1 Ikegami
Yaguchi 2-chome Park	2-21-30 Yaguchi
Fukushi Park	13-20 Yukigaya-Otsukamachi
Haginaka Park	3-26-46 Haginaka
Araijuku Children's Park	4-31-10 Chuo

● **Ota City pools** Note: Please be sure to check with facilities in advance as some days may be reserved for organizational use. Please wear a swimming cap when swimming.

Facility	Address	Phone
Heiwajima Park Pool	4-2-2 Heiwajima	☎03-3764-8424
Higashi-Chofu Park Pool	5-13-1 Minami-Yukigaya	☎03-3728-7651
Haginaka Park Pool	3-26-46 Haginaka	☎03-3741-2155
Yaguchi Community Center Heated Pool	2-21-14 Yaguchi	☎03-3758-2941

Note: Please confirm usage availability by phone, etc. before visiting the above facilities.

Other sports operations

Ota City bulletins and the Ota City website provide information on sports competitions and a variety of common interest groups seeking members. You are welcome and encouraged to participate!
Ota City official website: <http://www.city.ota.tokyo.jp/>

Ota City Health Promotion Network members and information guide

The Ota City Health Promotion Network is a network of registered organizations which engage in walks, calisthenics, and other voluntary health promotion activities. Information on health promotion activities is also provided in the Health Promotion Information Guide and on the Ota City website. If you are interested, please feel free to contact us.

Public Health Center Health Care Management Division: ☎03-5744-1683 FAX 03-5744-1523

Health advice, health classes, etc.

Facility	Address	Phone
Area Health Division, Omori	1-12-1 Omori-Nishi	☎03-5764-0661
Area Health Division, Chofu	4-6 Yukigaya-Otsukamachi	☎03-3726-4145
Area Health Division, Kamata	2-1-1 Kamata-Honcho	☎03-5713-1701
Area Health Division, Kojiya and Haneda	1-21-15 Higashi-Kojiya	☎03-3743-4161