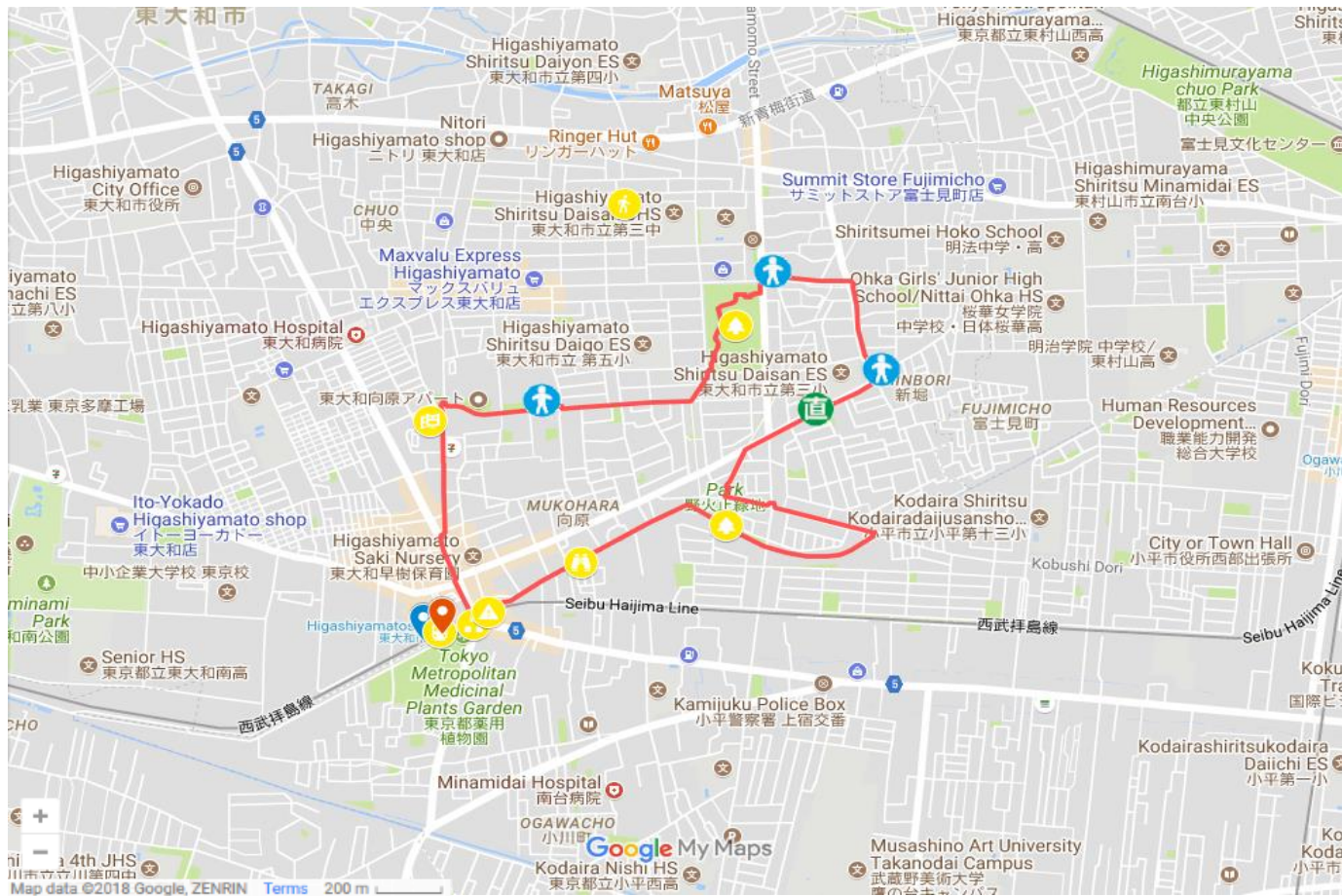


# Course to regain your youth with health equipment while walking

Highlight | Park with health equipment



Tourist mascot of  
Higashiyamato City  
Umabe



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## Route Description

- Higashi-Yamatoshi Sta.
- ▼
- Nobidome Ryokuchi
- ▼
- Kiyohara-minami Park
- ▼
- Kami-nakahara Park
- ▼
- Mukohara Central Park
- ▼
- Higashi-Yamatoshi Sta.

### Warm-up

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



### Cool-down

Ending exercise suddenly can cause stress on the heart, so it is important to cool down gradually. This helps the body recover faster from fatigue and prevents muscle pain. \* Do not put too much strain on your body when you are sleep-deprived or sick.



Time allowed	around <b>75</b> minutes
Distance	around <b>5.0</b> km
Calorie consumption	around <b>225</b> kcal
Number of steps	around <b>7140</b> steps

\* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm.

Tokyo Metropolitan Government Health Promoting character **KENKOUDESUKA-MAN**



## Recommended Site

Icons: Shrines and Temples Park Other

### Nobidome Ryokuchi



Although deterioration in the water quality and water shortages accompanying rapid urbanization in the Nobidome Yosui irrigation canal, which was made to provide water from the Tamagawa Josui aqueduct in 1655, has been halted, clear water restored by a restoration project in 1984. Nobidome Ryokuchi is in the southern point of the city and located on the city border with Kodaira, with the "Seiryu-fukatsu no hi" (Monument to commemorate restoration of clear stream) standing at its entrance. In the approximately one kilometer between here and the Higashi Nobidome-bashi (bridge), which spans the Yurinko-Dori (Ave.), there are thick copses of Japanese chestnut and konara oak trees, and scenery, which is vividly reminiscent of the Musashino Plain, is spread out. There are water features and benches provided and you will see many people enjoying strolling. Alongside the Nobidome-bashi Bridge, which you will encounter further along, there is a statue of "Yosui-kofu" (irrigation worker), which is a monument of the city.

### Health equipment (Kiyohara-minami Park/Kiyohara-nishi)



While health equipment is installed in the five parks in Higashiyamato City, two of the parks are taken in the "Get Refreshed Course," and three are taken in the "Regain your Youth with Health Equipment Course." We now introduce Kiyohara-minami Park and Kiyohara-nishi Park. At both parks, there are four types of health equipment installed. How about using the equipment to refresh your body after dropping in on your walk?

### Kami-nakahara Park



This is a municipal park with an area of around four hectares which was set up in the rezoning of town lots for the eastern area and was opened in 1981. There are distinctive plantings of the city tree, the gigantic Japanese zelkova, making this a park which can be enjoyed by all age groups, with baseball grounds, tennis courts, and a large open area with basketball hoops, an observation platform, children's playground equipment and promenades. It is also used for "radio gymnastics and citizens' sports festivals are held at the baseball ground in autumn. The Nobidome Greenbelt, the Suido Greenbelt and the Nakahara Greenbelt are nearby and these are used by citizens as a place of rest and recreation.