

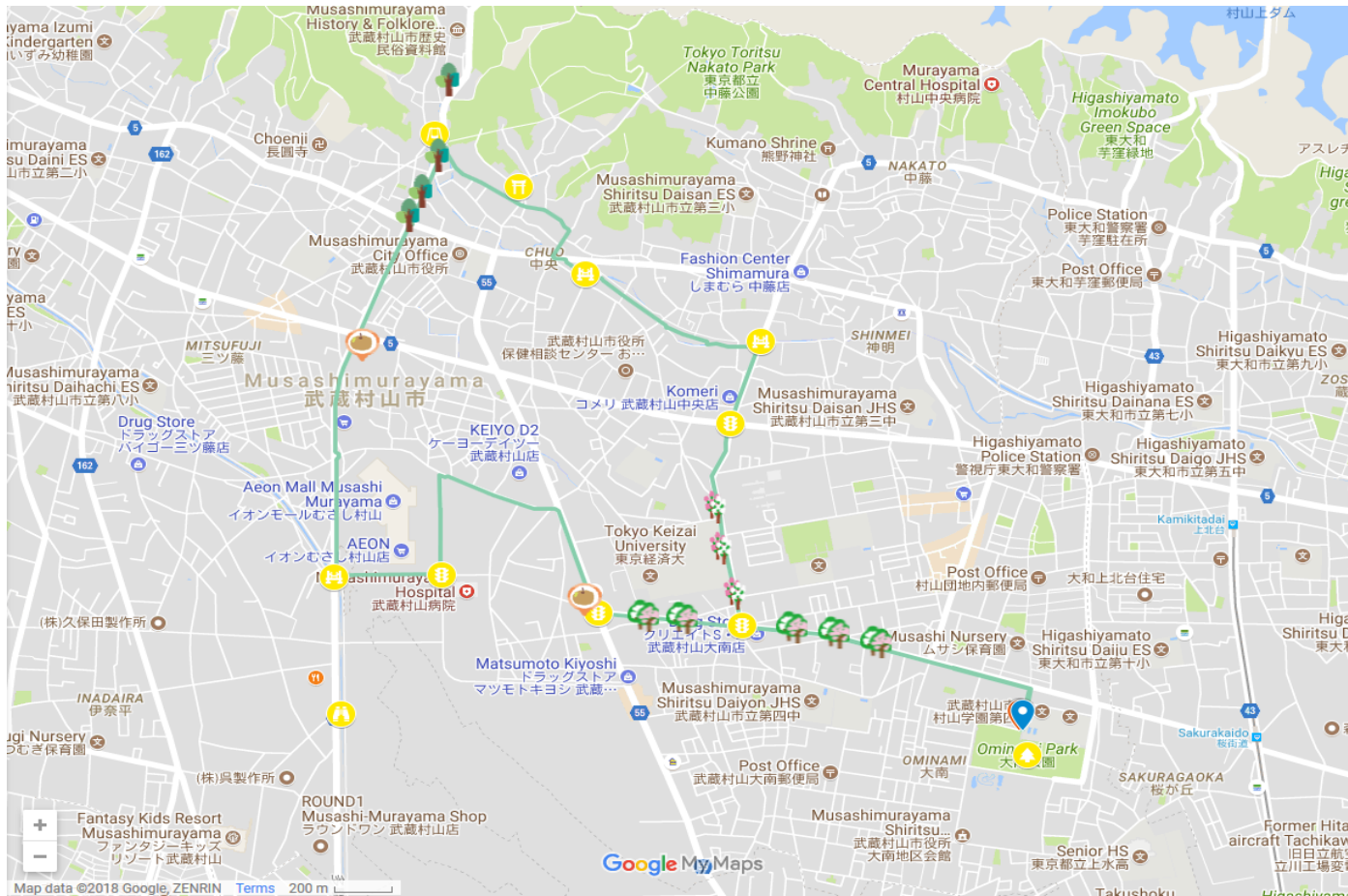


Iki-Iki (Lively) Course - B Course

Highlight | **Yokota Tunnel**




PR character for initiatives to promote the charms of Musashimurayama




Route Description

- Ominami Park
- ▼
- Murayama Medical Center-minami
- ▼
- Murayama Medical Center-kita
- ▼
- Nakasuna-bashi Bridge
- ▼
- Hagi-no-o-bashi Bridge
- ▼
- Hiyoshi Jinja Shrine
- ▼
- Yokota Children's Park (Yokota Tunnel)
- ▼
- Inadaira-bashi Bridge
- ▼
- In front of Musashimurayama Hospital
- ▼
- Enoki
- ▼
- Ominami Park

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.

Recommended Site

Icons: Shrines and Temples Park Other



Ominami Park



Yokota Children's Park (Yokota Tunnel)

Time allowed	around 129 minutes
Distance	around 8.6 km
Calorie consumption	around 387 kcal
Number of steps	around 12290 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**

