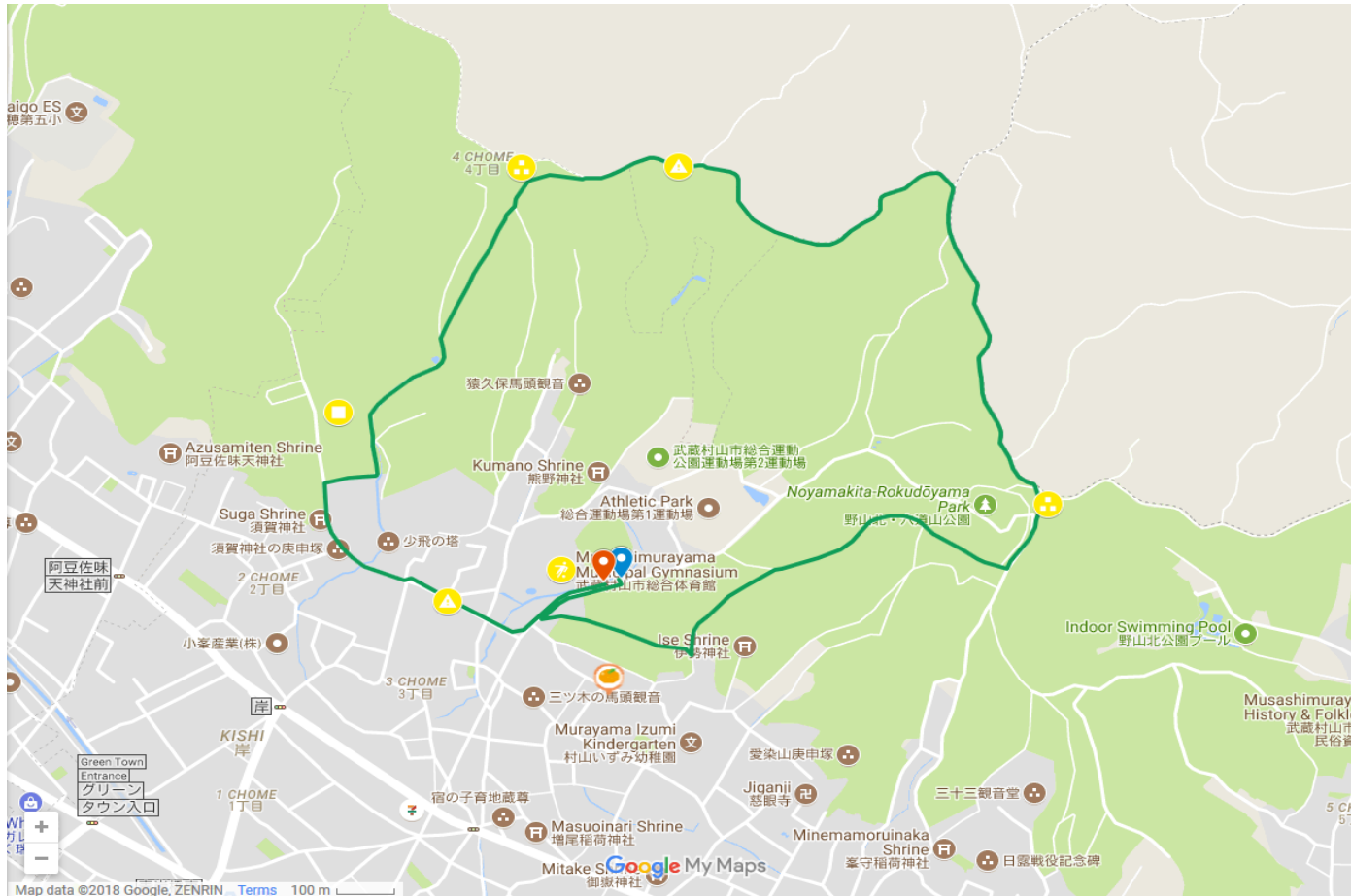


# Waku-Waku (Exciting) Course - B Course

Highlight | **Satoyama residence**



PR character for initiatives to promote the charms of Musashimurayama



©Google

## Route Description

- 📍 General Gymnasium
- ▼
- 🏠 Roku Jizo (six statues of deities)
- ▼
- 🏠 Sarukubo
- ▼
- 🏠 Satoyama residence
- ▼
- 📍 General Gymnasium

### 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



🏠 Satoyama residence



🏠 Roku Jizo (six statues of deities)

🕒 Time allowed	around <b>60</b> minutes
📏 Distance	around <b>4.0</b> km
🔥 Calorie consumption	around <b>180</b> kcal
👣 Number of steps	around <b>5710</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**

