

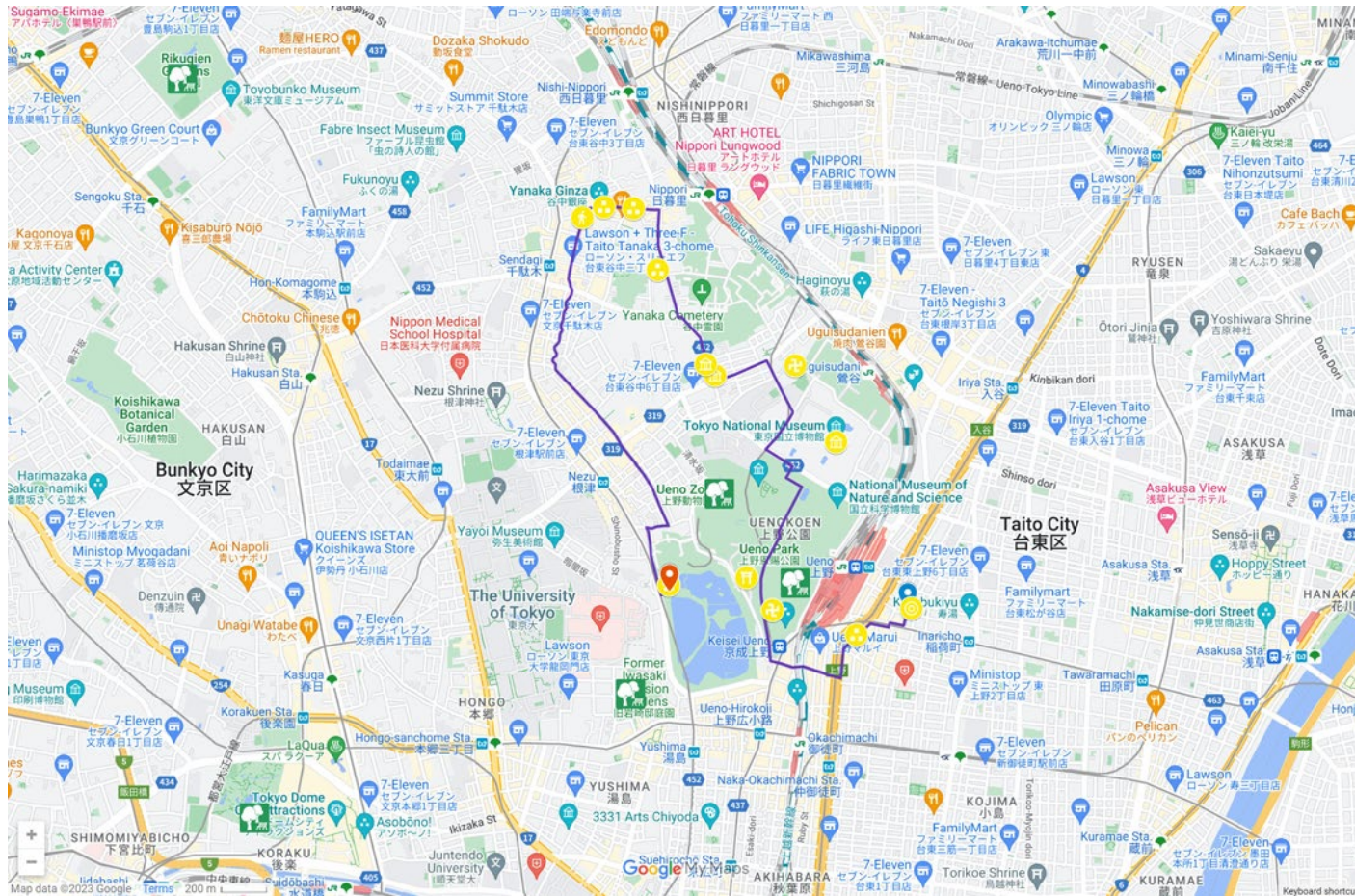
Taitou City

# Course C (Higashi Ueno Area Health Promotion Committee Recommendation)

Highlight | Yanaka Ginza



「ACTIVE & HEALTHY CITY TAITO」



## Route Description

- Taito city government office
- ▼
- Pedestrian Deck Monument
- ▼
- Kiyomizu Kannon-do Temple
- ▼
- Hanazono Inari-jinja Shrine
- ▼
- Tokyo National Museum
- ▼
- Kanei-ji Temple
- ▼
- Shitamachi Museum Annex
- ▼
- SCAI THE BATHHOUSE
- ▼
- Roofed Mud Wall
- ▼
- Yuyake Dandan
- ▼
- Yanaka Ginza
- ▼
- Yomise-dori Shotengai Shopping Street
- ▼
- Amphibian and Reptile Pavilion

## How to Start Walking.

### Warm-up

Stretch, etc. and gradually warm up to slowly raise your pulse. This is especially important in the morning.



### Main Exercise (Walking)

At first, start with 15 minutes. Once you get used to it, gradually increase the pace and extend the distance covered.



### Cool-down

Stopping suddenly is hard on the heart! Aim to reduce your pulse gradually. Also, stretch to help your body recover from fatigue.



### Point!

- © Setting times... At first, aim for 15 minutes. Exercising 60 minutes per day is most effective.
- © Frequency... Start with 1-2 times per week with the goal of increasing that number to 3-5 times per week.

## Recommended Site

Icons: Shrines and Temples Park Other



Yanaka Ginza

Time allowed	around <b>86</b> minutes
Distance	around <b>5.7</b> km
Calorie consumption	around <b>257</b> kcal
Number of steps	around <b>8143</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**

