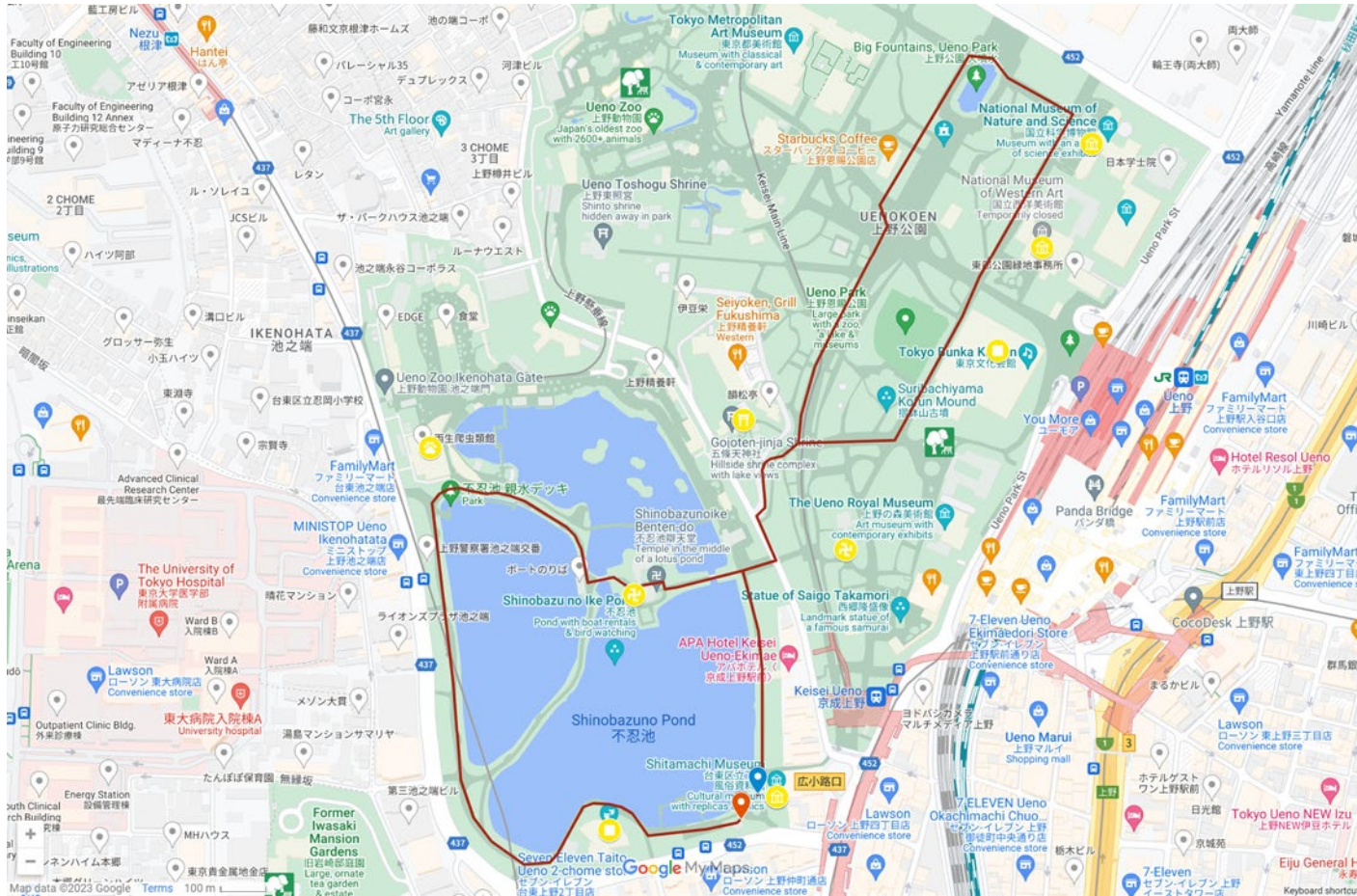


# Course D (Ueno Area Health Promotion Committee Recommendation)

Highlight | Shinobazu Pond, Ueno Park



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## Route Description

- Shitamachi Museum
- ▼
- ⛩ Kiyomizu Kannon-do Temple
- ▼
- 🏛 Tokyo Bunka Kaikan
- ▼
- 🏛 National Museum of Western Art
- ▼
- 🏛 National Museum of Nature and Science
- ▼
- 🏛 Hanazono Inari-jinja Shrine
- ▼
- ⛩ Shinobazu-no-ike (Shinobazu Pond) Benten-do
- ▼
- 🐸 Amphibian and Reptile Pavilion
- ▼
- 🏛 Suizo Ongaku-do Concert Hall
- ▼
- Shitamachi Museum

## 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



🏛 Shinobazu Pond, Ueno Park

🕒 Time allowed	around 41 minutes
📏 Distance	around 2.7 km
🔥 Calorie consumption	around 122 kcal
👣 Number of steps	around 3858 steps

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

