

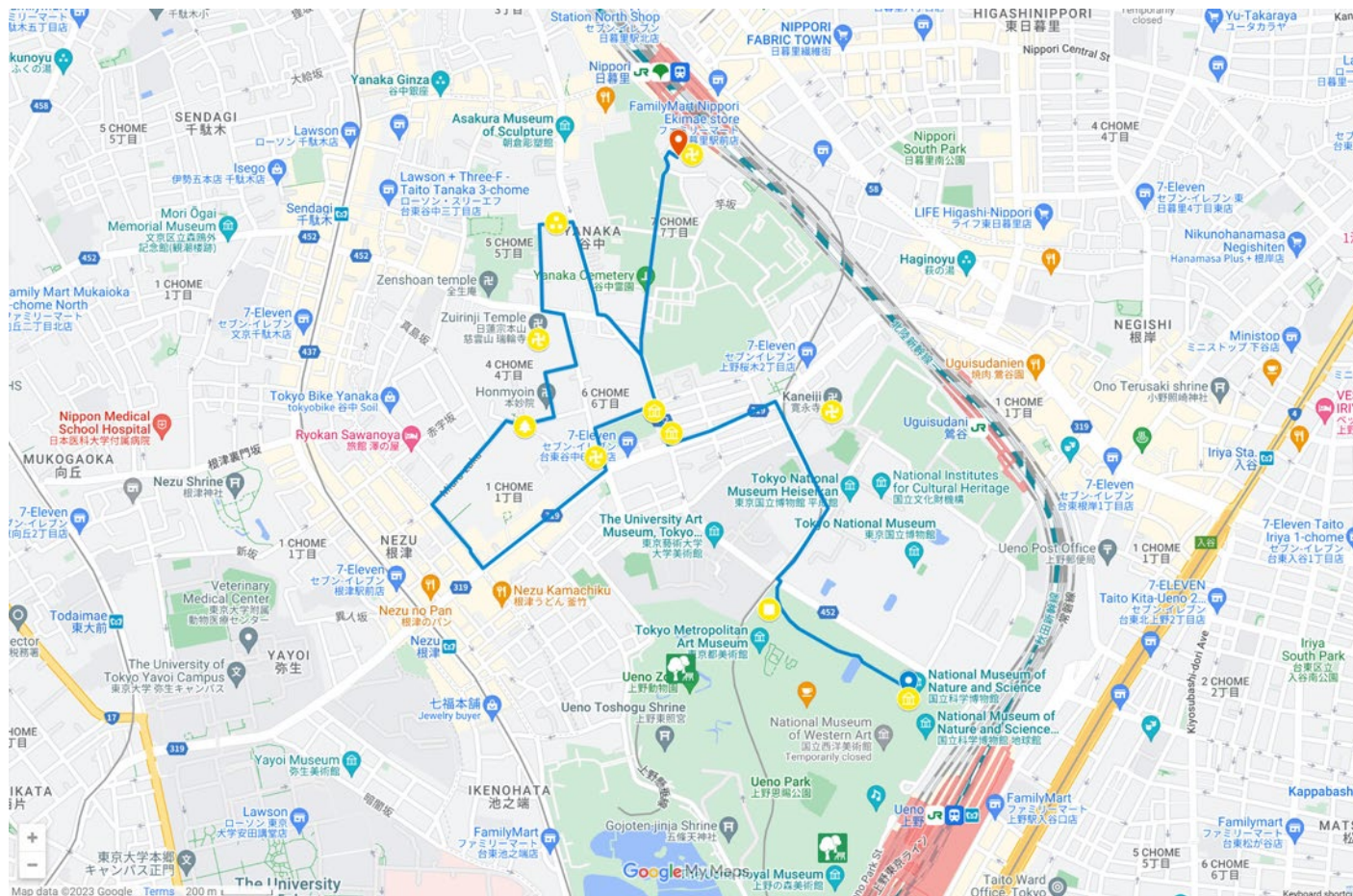
Taitou City

# Course E (Iriya Area Health Promotion Committee Recommendation)

Highlight | Kaneyi-ji Temple



「ACTIVE & HEALTHY CITY TAITO」



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## Route Description

- 📍 National Museum of Nature and Science
- ▼
- 🏛️ Sogakudo Concert Hall of the Former Tokyo Music School
- ▼
- 🏯 Kaneyi-ji Temple
- ▼
- 🏛️ Shitamachi Museum Annex
- ▼
- 🏛️ SCAI THE BATHHOUSE
- ▼
- 🏠 Roofed Mud Wall
- ▼
- 🏯 Zuirin-ji Temple
- ▼
- 🌲 Himalayan Cedar
- ▼
- 🏯 Ichijo-ji Temple
- ▼
- 🏛️ SCAI THE BATHHOUSE
- ▼
- 📍 Tenno-ji Temple

## 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



Kaneyi-ji Temple

|                       |                   |
|-----------------------|-------------------|
| 🕒 Time allowed        | around 63 minutes |
| 📏 Distance            | around 4.2 km     |
| 🔥 Calorie consumption | around 189 kcal   |
| 👣 Number of steps     | around 6000 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

