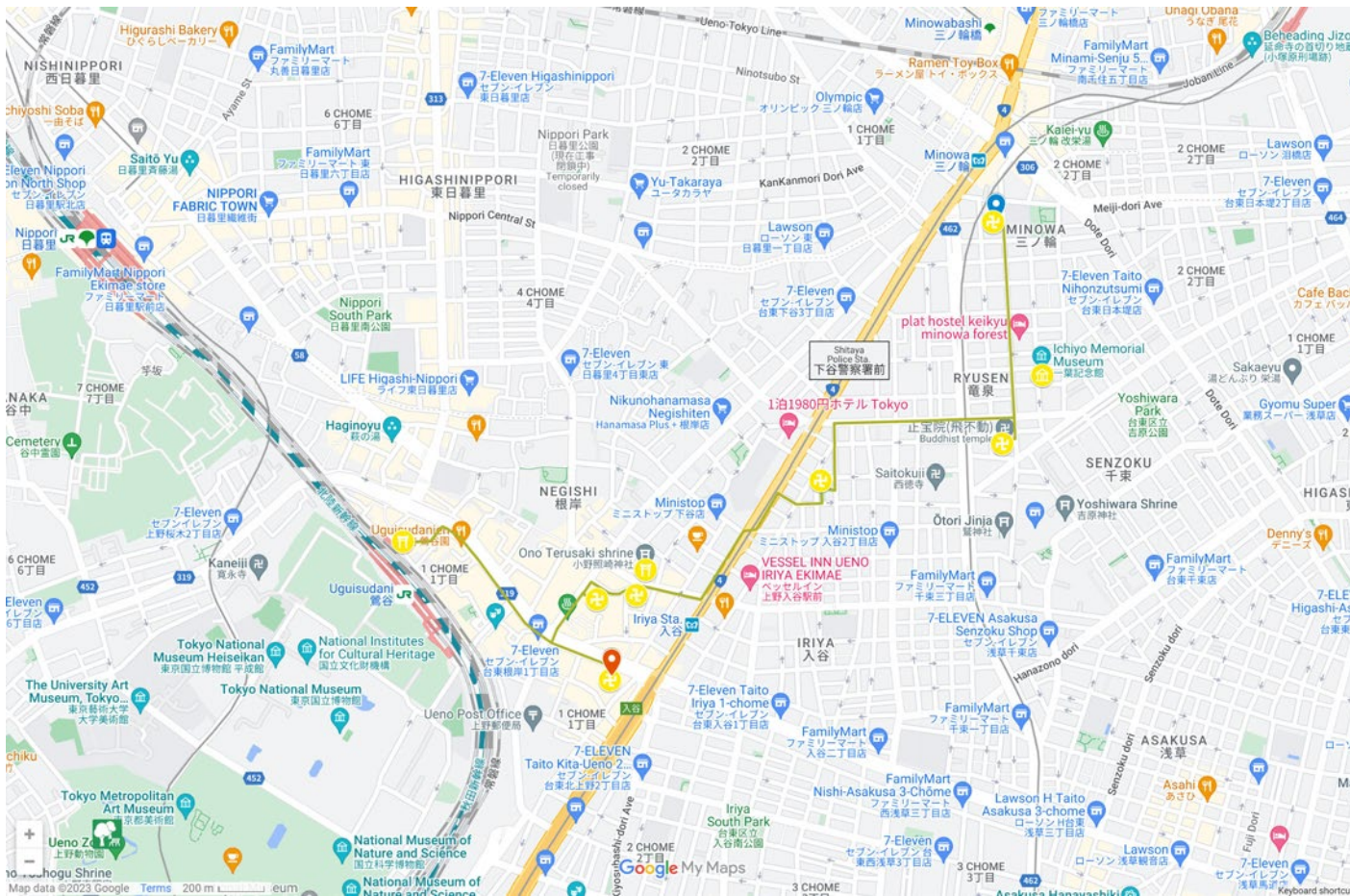


Course F (Kanasugi Area Health Promotion Committee Recommendation)

Highlight | Juei-ji Temple



Route Description

- 📍 Juei-ji Temple
- ▼
- 🏛️ Ichiyo Memorial Museum
- ▼
- 🏯 Tobifudo Temple
- ▼
- 🏯 Asahi Benzaiten
- ▼
- 🏯 Hoshou-ji Temple
- ▼
- 🏯 Ono Terusaki-jinja Shrine
- ▼
- 🏯 Eishin-ji Temple
- ▼
- 🏯 Motomishima-jinja Shrine
- ▼
- 📍 Iriya Kishimojin-do 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



🏛️ Juei-ji Temple

| | |
|-----------------------|-------------------|
| 🕒 Time allowed | around 42 minutes |
| 📏 Distance | around 2.8 km |
| 🔥 Calorie consumption | around 126 kcal |
| 👣 Number of steps | around 4000 steps |

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

