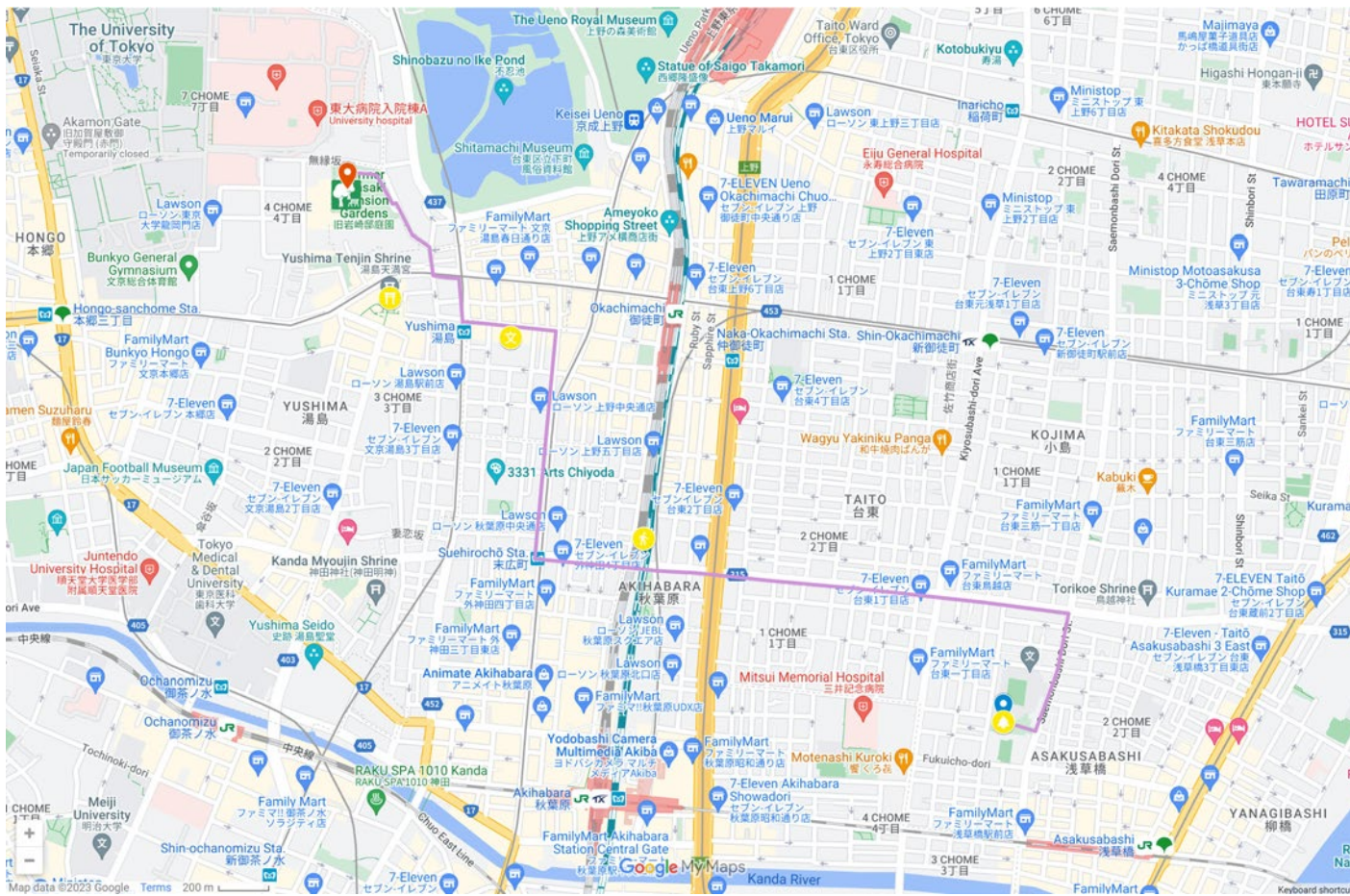


Course G (Asakusabashi Area Health Promotion Committee Recommendation)

Highlight | 2K540



Route Description

- Ryuhoku Park
- ▼
- Kuromon Elementary School
- ▼
- Yushima Tenman-gu Shrine
- ▼
- Kyu-Iwasaki-tei Garden

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



2K540

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.

Tokyo Metropolitan Government Health Promoting character **KENKOUDESUKA-MAN**

