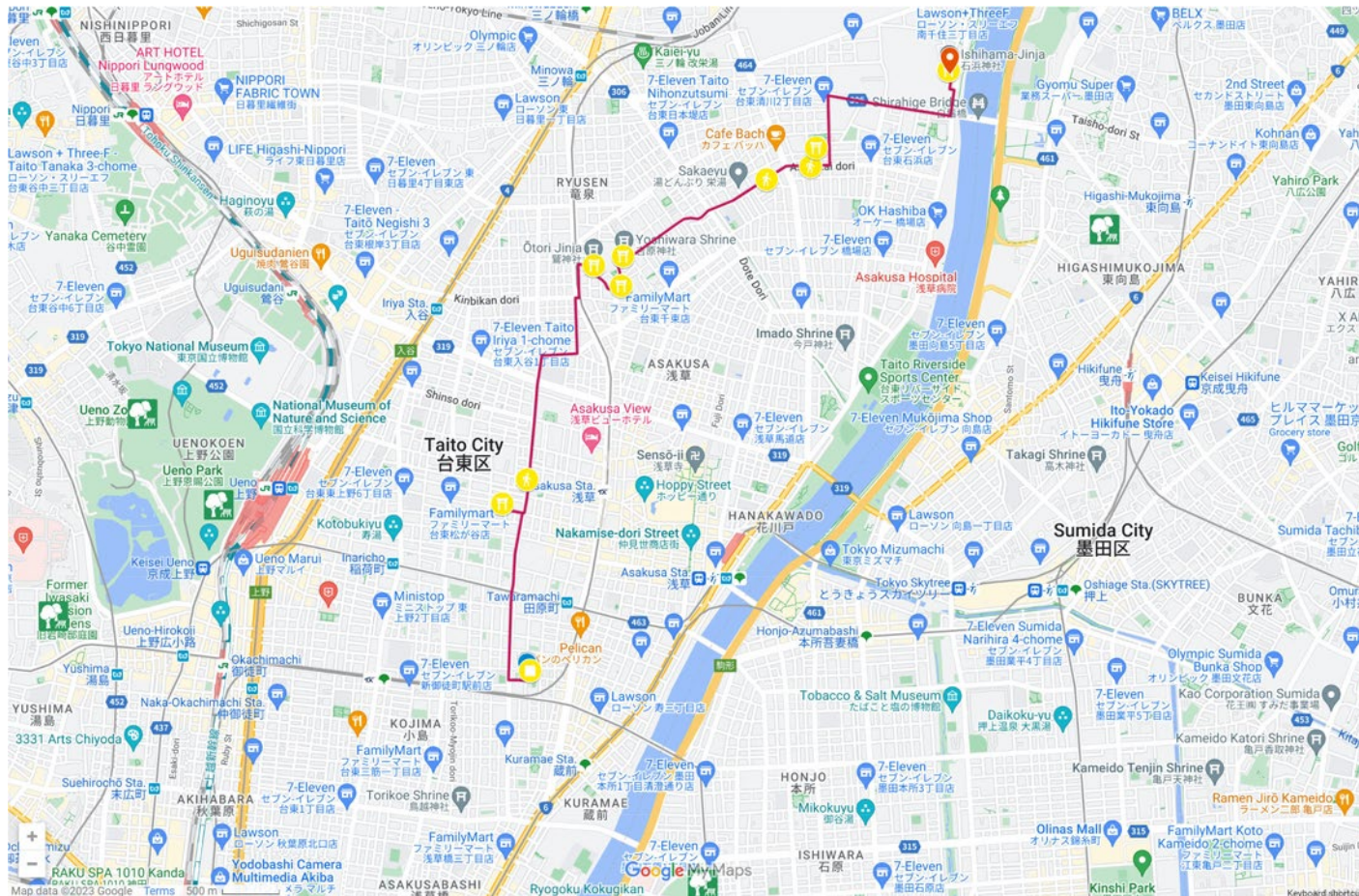


Course H (Kotobuki Area Health Promotion Committee Recommendation) -Yoshiwara Nakanochi-dori Ave. Route

Highlight | Kappa Kawataro, Kappa-Bashi Dougu Street



Route Description

- Nanbu City Office
- ▼
- Yasaki-inari-jinja Shrine
- ▼
- Kappabashi Dougu Street
- ▼
- Otori-jinja Shrine
- ▼
- Yoshiwara Benzaiten
- ▼
- Yoshiwara-jinja Shrine
- ▼
- Hinodeai-Shotengai Shopping Street
- ▼
- Asahi Shotengai Shopping Street
- ▼
- Tamahime Inari-jinja Shrine
- ▼
- Ishihama-jinja Shrine

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.

Time allowed	around 72 minutes
Distance	around 4.8 km
Calorie consumption	around 216 kcal
Number of steps	around 6858 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**



Recommended Site

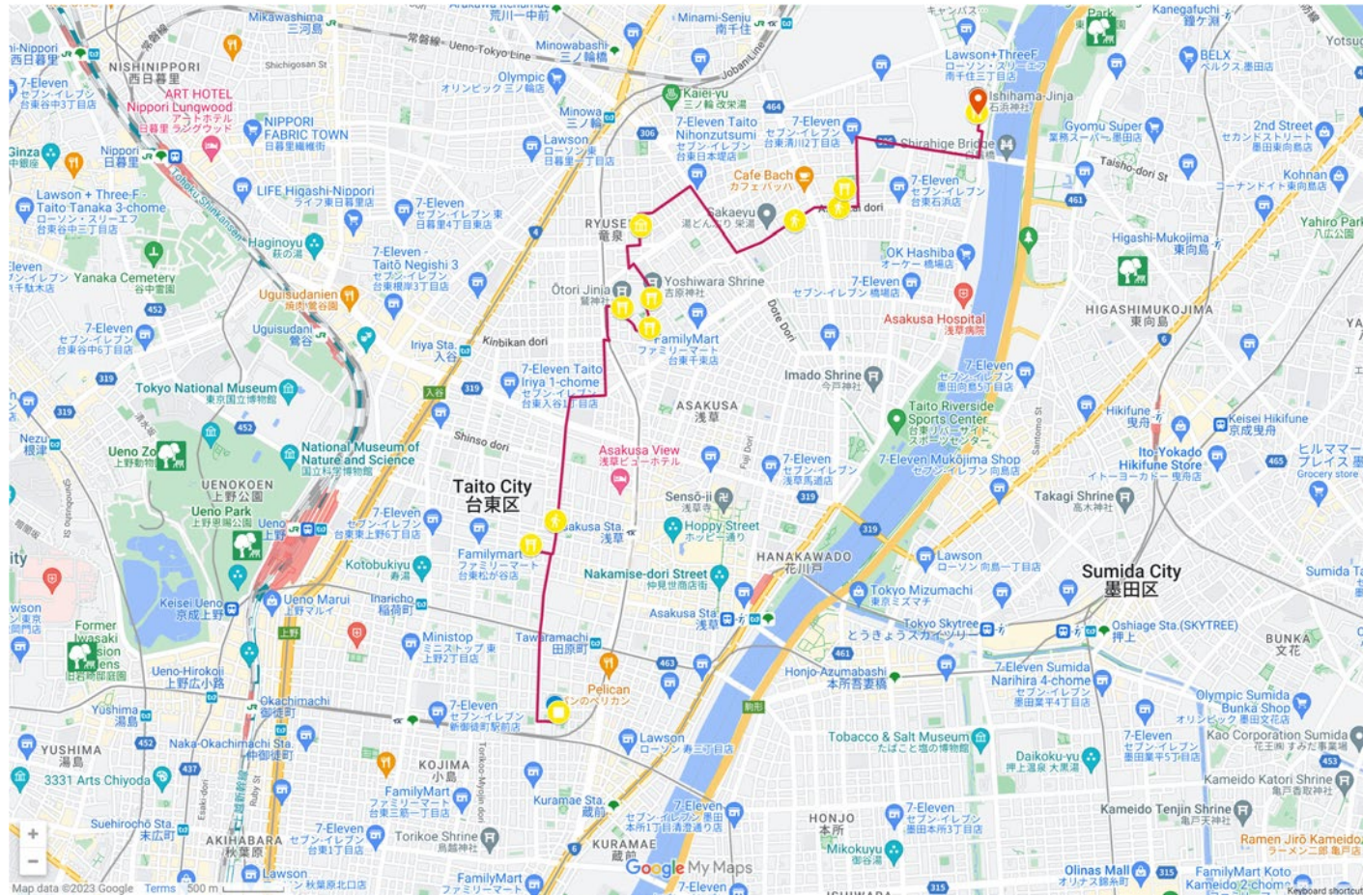
Icons: Shrines and Temples Park Other



Kappa Kawataro, Kappa-Bashi Dougu Street

Course H (Kotobuki Area Health Promotion Committee Recommendation) - Ichiyo Memorial Museum Route

Highlight | Kappa Kawataro, Kappa-Bashi Dougu Street



Route Description

- Nanbu City Office
- ▼
- 🏯 Yasaki-inari-jinja Shrine
- 🏯 Kappabashi Dougu Street
- ▼
- 🏯 Otori-jinja Shrine
- 🏯 Yoshiwara Benzaiten
- ▼
- 🏯 Yoshiwara-jinja Shrine
- 🏯 Ichiyo Memorial Museum
- ▼
- 🏯 Hinodeai-Shotengai Shopping Street
- 🏯 Asahi Shotengai Shopping Street
- ▼
- 🏯 Tamahime Inari-jinja Shrine
- ▼
- 🏯 Ishihama-jinja Shrine

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.

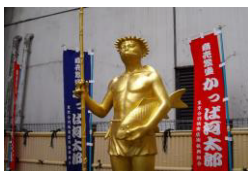
Cool-down
Stopping suddenly is hard on the heart! Aim to reduce your pulse gradually. Also, stretch to help your body recover from fatigue.

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



🏠 Kappa Kawataro, Kappa-Bashi Dougu Street

🕒	Time allowed	around 83 minutes
📏	Distance	around 5.5 km
🔥	Calorie consumption	around 248 kcal
👣	Number of steps	around 7858 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**

