

Taitou City

Course J (Umamichi Area Health Promotion Committee Recommendation) - Yoshiwara Nakanochō-dori Ave. Route

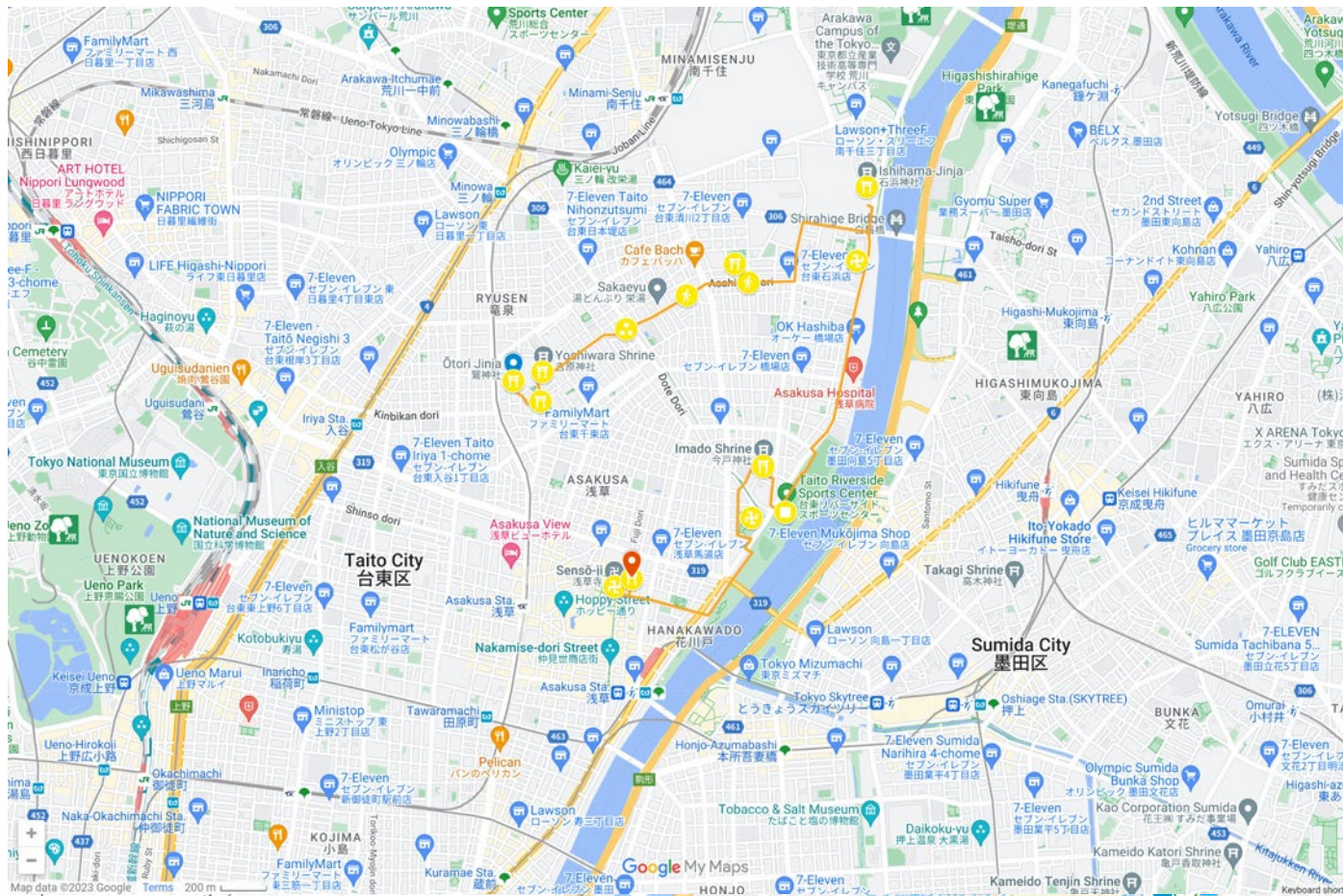
Highlight | Otori-jinja Shrine



「ACTIVE & HEALTHY CITY TAITO」



健康都市たいとう



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Route Description

- Otori-jinja Shrine
- ▼
- Yoshiwara Benzaiten
- ▼
- Yoshiwara-jinja Shrine
- ▼
- Mikaeri-yanagi
- ▼
- Hinodeai Shotengai Shopping Street
- ▼
- Asahi Shotengai Shopping Street
- ▼
- Tamahime Inari-jinja Shrine
- ▼
- Ishihama-jinja Shrine
- ▼
- Hashiba Fudosen Temple
- ▼
- Taito Riverside Sports Center
- ▼
- Imado-jinja Shrine
- ▼
- Matsuchiyama Shoden Temple
- ▼
- Senso-ji Temple
- ▼
- Asakusa-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!
① Setting times... At first, aim for 15 minutes. Exercising 60 minutes per day is most effective.
② Frequency... Start with 1-2 times per week with the goal of increasing that number to 3-5 times per week.



Time allowed	around 87 minutes
Distance	around 5.8 km
Calorie consumption	around 261 kcal
Number of steps	around 8286 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



Otori-jinja Shrine

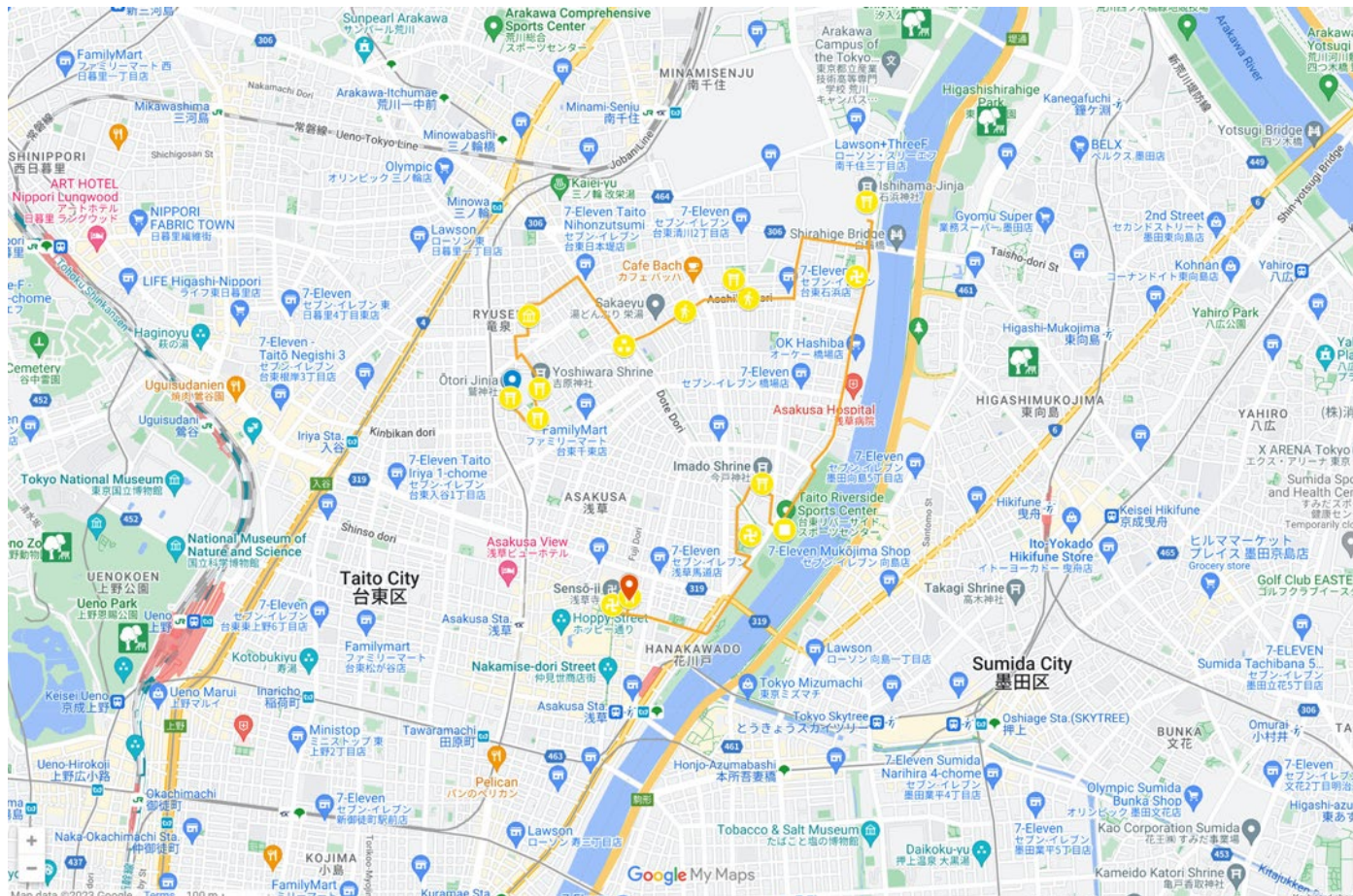
Taitou City

Course J (Umamichi Area Health Promotion Committee Recommendation) - Ichiyo Memorial Museum Route

Highlight | Otori-jinja Shrine



「ACTIVE & HEALTHY CITY TAITOU」



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Route Description

- Otori-jinja Shrine
- ▼
- Yoshiwara Benzaiten
- ▼
- Yoshiwara-jinja Shrine
- ▼
- Ichiyo Memorial Museum
- ▼
- Mikaeri-yanagi
- ▼
- Hinodeai-dori Ave.
- ▼
- Asahi Shotengai Shopping Street
- ▼
- Tamahime Inari-jinja Shrine
- ▼
- Ishihama-jinja Shrine
- ▼
- Hashiba Fudosen Temple
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Recommended Site

Icons: Shrines and Temples Park Other



Otori-jinja Shrine

Time allowed	around 77 minutes
Distance	around 5.1 km
Calorie consumption	around 230 kcal
Number of steps	around 7286 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**

