

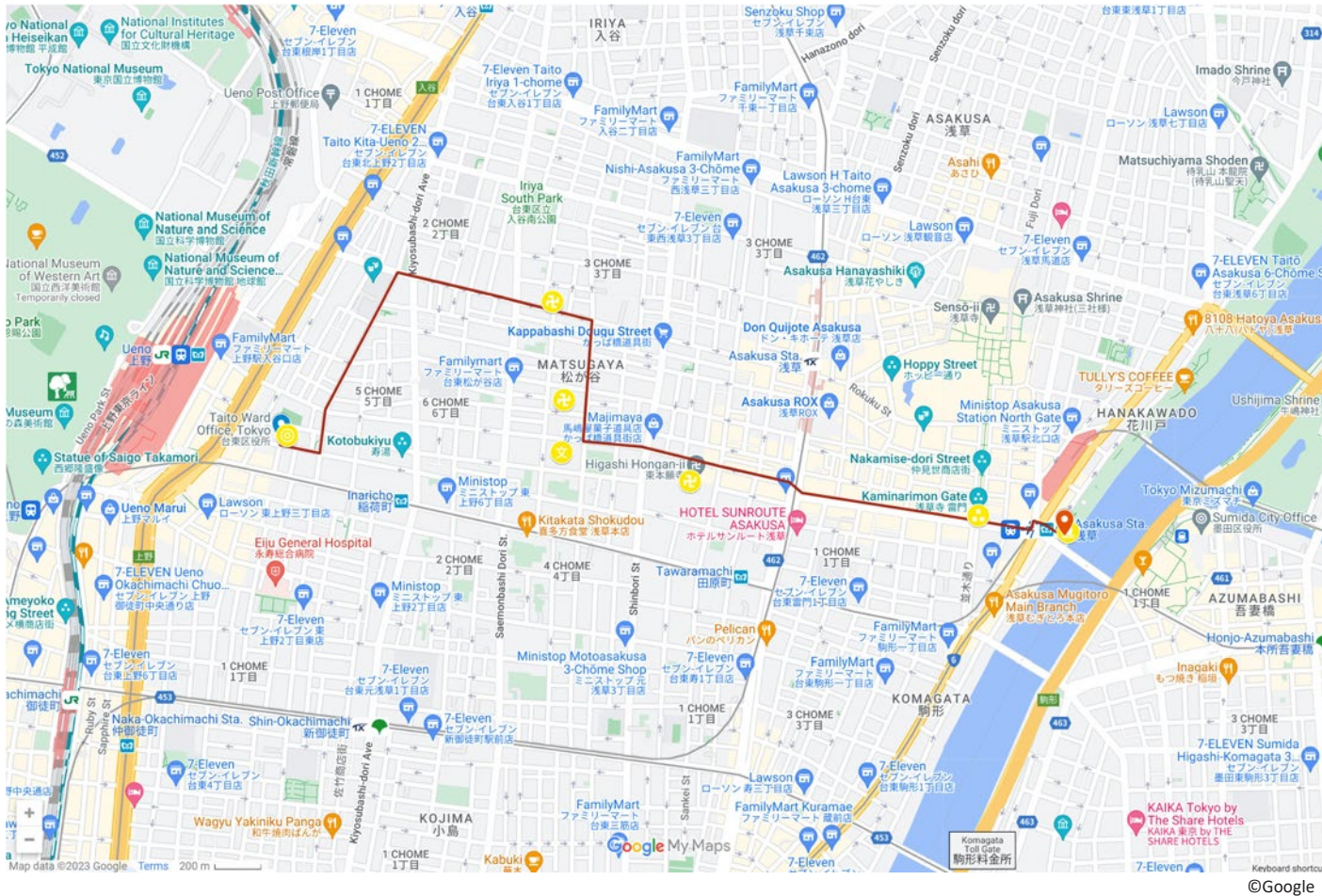
Taitou City

# Course L (Ueno and Asakusa Course)

Highlight | Kaminarimon Gate



「ACTIVE & HEALTHY CITY TAITO」



## Route Description

- Taito city government office
- ▼
- Sogen-ji Temple
- ▼
- Honkaku-ji Temple
- ▼
- Matsuba Elementary School
- ▼
- Higashihongan-ji Temple
- ▼
- Kaminarimon Gate
- ▼
- Tokyo Cruise Ship Asakusa Landing

## 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



Kaminarimon Gate

Time allowed	around 33 minutes
Distance	around 2.2 km
Calorie consumption	around 99 kcal
Number of steps	around 3143 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

