

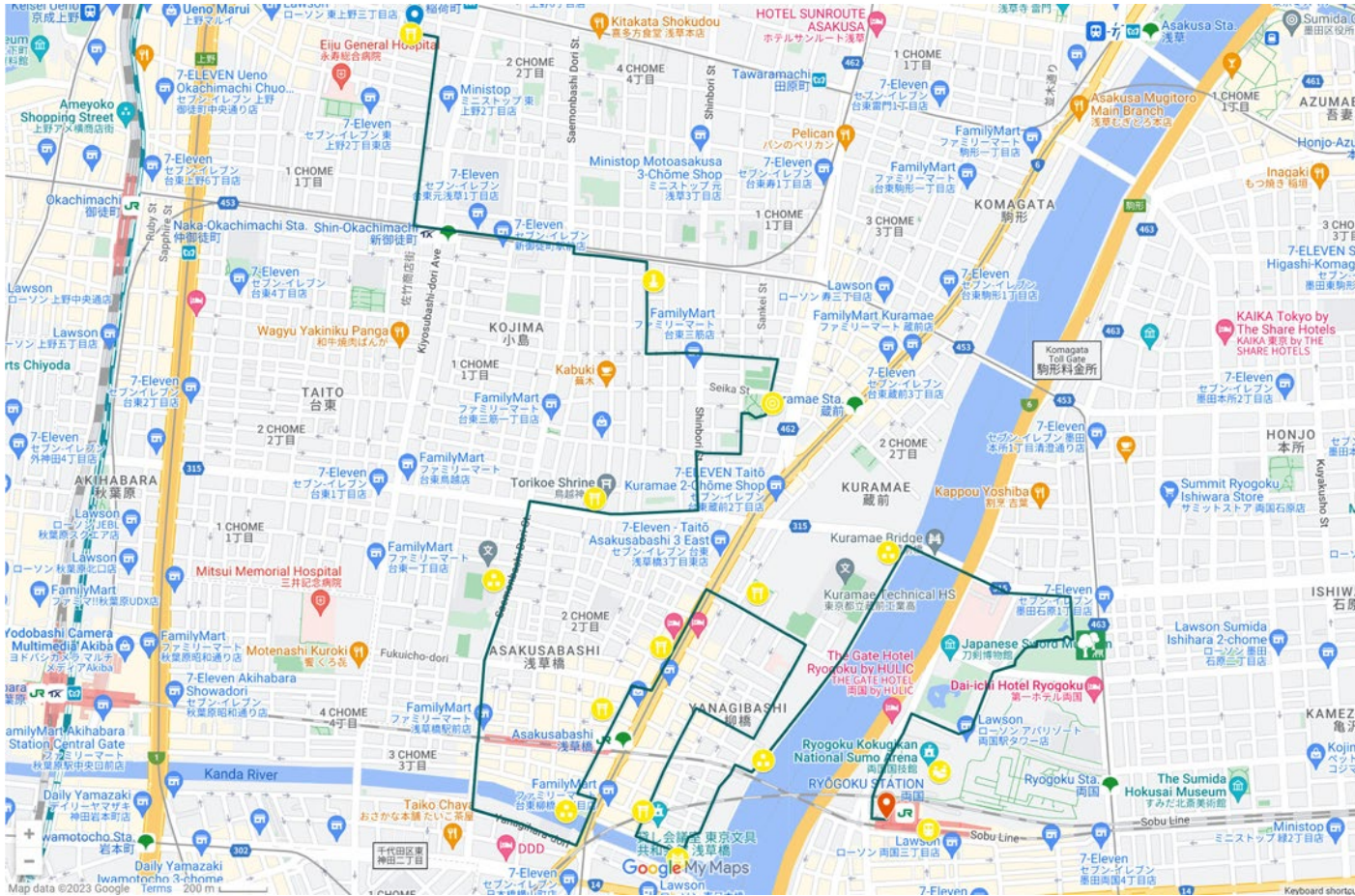
Taitou City

# Course M (10,000 Steps Course)

Highlight | Torigoe-jinja Shrine



「ACTIVE & HEALTHY CITY TAITO」



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## Route Description

- 1. Shitaya-jinja Shrine
- 2. Mokichi Saito Monument
- 3. Environment Fureai Hall Himawari
- 4. Torigoe-jinja Shrine
- 5. Large Ginkgo Tree at Horai-en Monument
- 6. Asakusa-mitsuke Monument
- 7. Ichogaoka Hachiman-jinja Shrine
- 8. Suga-jinja Shrine
- 9. Sakaki-jinja Shrine
- 10. Shinozuka Inari-jinja Shrine
- 11. Yanagi-bashi Bridge
- 12. Namako Wall
- 13. Shubi no Matsu
- 14. Ryogoku Kokugikan
- 15. Ryogoku Sta.

### 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



Torigoe-jinja Shrine

Time allowed	around 105 minutes
Distance	around 7.2 km
Calorie consumption	around 315 kcal
Number of steps	around 10000 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

