

Toshima City

Long Ikebukuro Tour Course ~ Tour of Toshima City Bath House ~

Highlight | "Toshima Waste Disposal Center," with its notable tall chimney and "Toshima Health Examination Center"



Toshima-ku Cancer Detection PR Character
【momoka】



Route Description	
1	Komatsu-yu (Regular holiday:Wednesday, Tel:03-3982-0998)
2	Shingetsu-yu (Regular holiday:Tuesday, Tel:03-3982-5991)
3	Inari-yu (Regular holiday:Wednesday, Tel:03-3918-6712)
4	Yurax (Regular holiday:Saturday, Tel:03-3915-4553)
5	Heiwa-yu (Regular holiday:Monday, Tel:03-3971-7820)
6	Maeda-yu (Regular holiday:Sunday, Tel:03-3971-2261)

Don't forget to warm up and cool down!!

Warm-up

- Stretch, etc. and warm the body to promote blood circulation gradually.
- This will help prevent injuries as well as reduce fatigue.

Cool-down

- It is important to end physical activity slowly, as stopping abruptly is hard on the heart.
- It helps you recover more quickly and prevents muscle pain.

🕒 Time allowed	around 58 minutes
📏 Distance	around 5.4 km
🔥 Calorie consumption	around 262 kcal
👣 Number of steps	man : around 6830 steps woman : around 7710 steps



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

*The duration and calories burned for each course are calculated with the following formula based on the average weight of adult men and women (60 kg).

Walking: 4.3 (METS) x time exercising (hour) x weight (kg) x 1.05
Jogging: 7 (METS) x time exercising (hour) x weight (kg) x 1.05

What is METS? ... METS is an indication of how many times greater the energy consumption during physical activity is than the corresponding energy consumption at rest. 4.3 METS means a somewhat brisk walk (93m/min.); 7 METS means a normal jogging pace (116 m/min.).

* Created based on "Physical Activity Reference for Health Promotion 2013 (Ministry of Health, Labour, and Welfare)"
[Ministry of Health, Labour, and Welfare website] <http://www.mhlw.go.jp/>

In addition, the number of steps for each course is calculated based on the value of the following standard stride length (calculated with a female body height of 155 cm, male body height 175 cm).

Approximate brisk walking stride=Height x 0.45 / Approximate jogging stride=Height x 0.55

Recommended Site

Icons: 🏯 Shrines and Temples 🌳 Park 🏠 Other



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