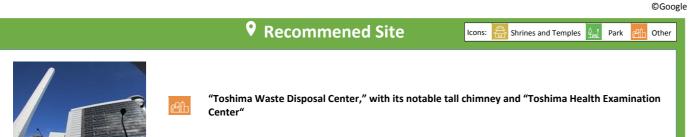


Long Ikebukuro Tour Course ~ Tour of Toshima City Bath House ~

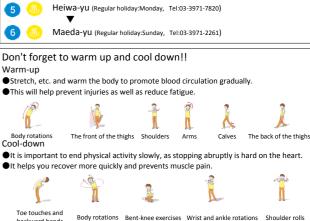
Toshima-ku Cancer Detection PR Character

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









Ø	Time allowed	around 58 minutes	lle di
్షి	Distance	around 5.4 km	BE
	Calorie consumption	around 262 kcal	
Ð	Number of steps	man: around 6830 steps woman: around 7710 steps	P
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

backward bends

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

[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