

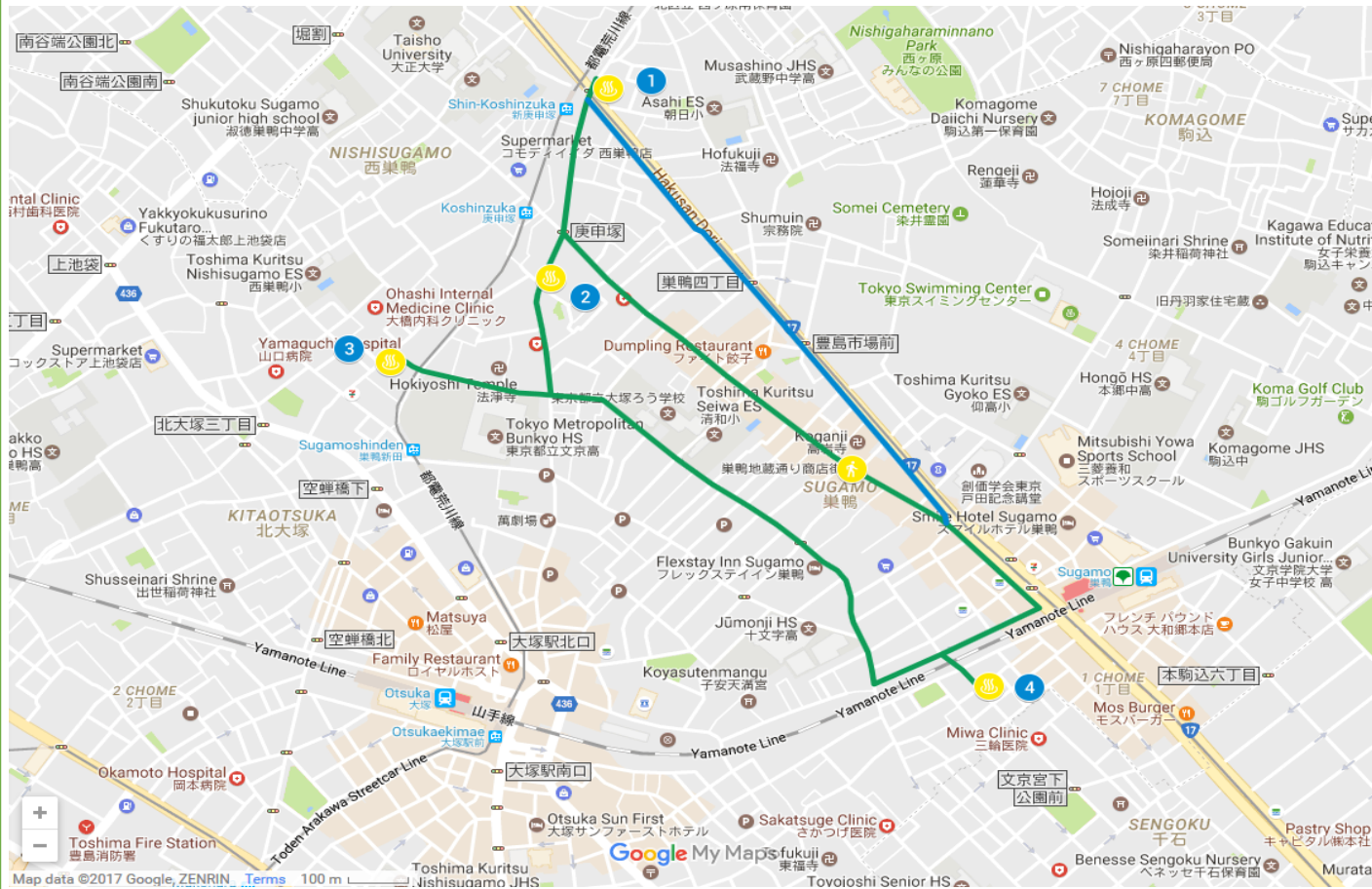
Toshima City

Sugamo-higashi East Course ~ Tour of Toshima City Bath House ~

Highlight | "Sugamo," the Harajuku for senior citizen women



Toshima-ku Cancer Detection PR Character
「momoka」



Route Description

- 1 Yasuragi-no-yu New Tsubaki (Regular holiday:Thursday, Tel:03-3918-1720)
- 2 Sugamo-yu (Regular holiday:Friday, Tel:03-3917-5773)
- 3 Ginsen-yu (Regular holiday:Monday, Tel:03-3576-5731)
- 4 Miyashita-yu (Regular holiday:Thursday, Tel:03-3941-0379)

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 38 minutes
Distance	around 3.5 km
Calorie consumption	around 170 kcal
Number of steps	man : around 4430 steps woman : around 5000 steps

Tokyo Metropolitan Government Health Promoting character **KENKODEUSUKA-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



"Sugamo," the Harajuku for senior citizen women

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