

Toshima City

# Sugamo-minami South Course ~ Tour of Toshima City Bath House ~

Highlight | Tokyo Otsuka Awa-odori - Awa-odori Dance in Otsuka -



Toshima-ku Cancer Detection PR Character  
[momoka]



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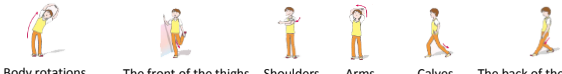
## Route Description

- 1 Otsuka Kinen-yu (Regular holiday:1st, 3rd, 5th Friday Tel:03-3982-0376)
- 2 Konparu-yu (Regular holiday:Monday, Tel:03-3944-5742)
- 3 Tamano-yu (Regular holiday:Thursday, Tel:03-3947-4126)
- 4 Chiyoda-yu (Regular holiday:Monday, Tel:03-3915-1009)

## 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 <b>41</b> minutes
Distance	around <b>3.8</b> km
Calorie consumption	around <b>184</b> kcal
Number of steps	man : around <b>4810</b> steps woman : around <b>5430</b> 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:  $4.3 \text{ (METS)} \times \text{time exercising (hour)} \times \text{weight (kg)} \times 1.05$   
Jogging:  $7 \text{ (METS)} \times \text{time exercising (hour)} \times \text{weight (kg)} \times 1.05$

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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