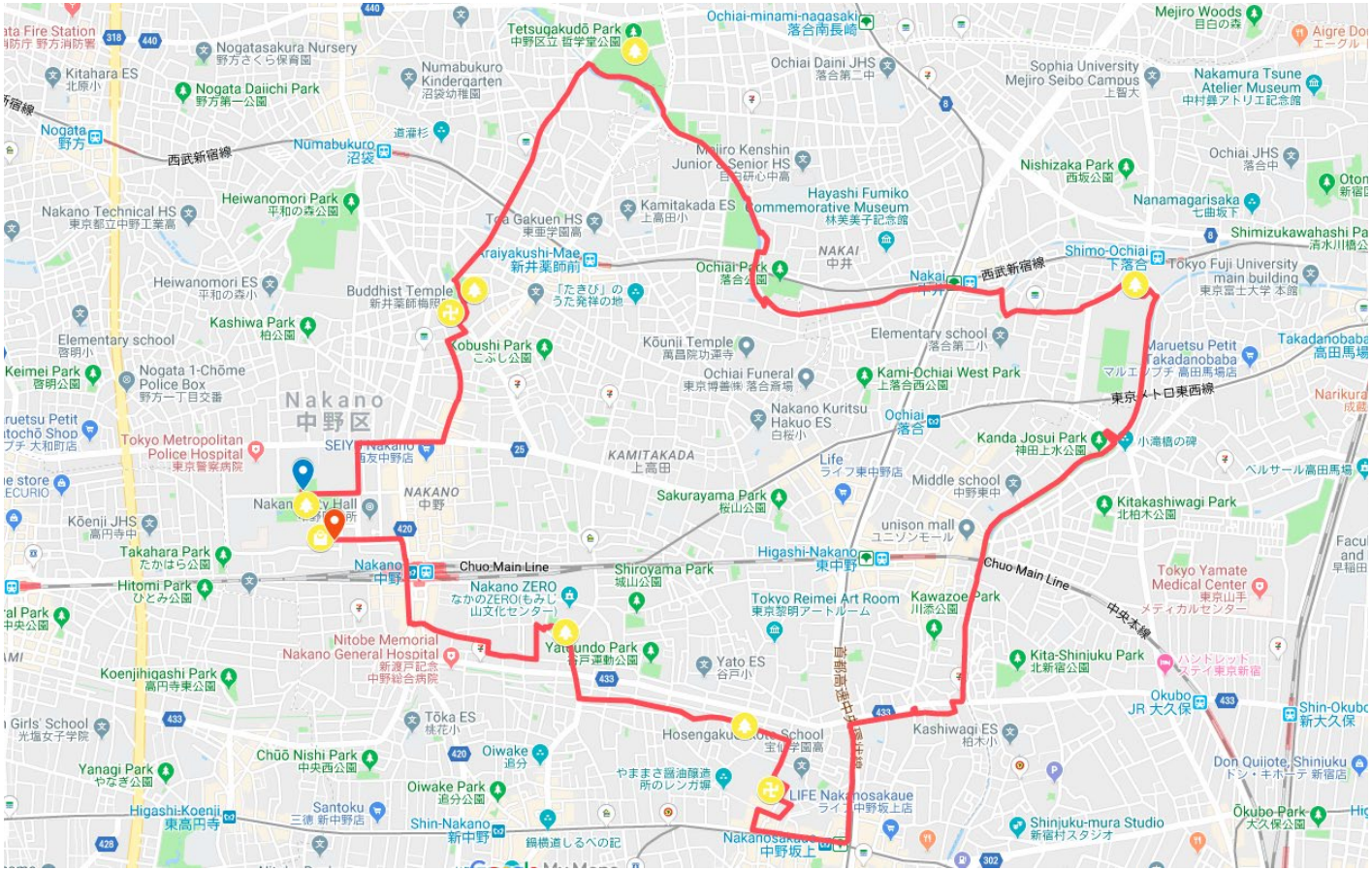
TOKYO HEALTH WALK

TOKYO HEALTH WALK 2018 - 11km Course

Highlight | **Nakano ZERO (Momji-yama cultural center)**

MOSHIKAMO - KUN
the Tokyo Metropolitan Government character promoting cancer screening



©Google

Route Description

- Nakano Shiki no Mori Park
- ▼
- Arai Yakushi: Baishouin
- ▼
- Arai Yakushi Park
- ▼
- Tetsugaku-dō Park
- ▼
- Seseraginosato park
- ▼
- Housenji Temple
- ▼
- Miyamae Park
- ▼
- Momiji-yama Park
- ▼
- Nakano Central Park Conference

Warm-up
Do some stretches to gradually warm up and stimulate blood circulation.
This helps prevent injuries, knee pain, fatigue, etc.

Cool-down
Ending exercise suddenly can cause stress on the heart,
so it is important to cool down gradually.
This helps the body recover faster from fatigue and prevents muscle pain.

* Do not put too much strain on your body when you are sleep-deprived or sick.

Time allowed	around **165** min.
Distance	around **11** km
Calorie consumption	around **495** kcal
Number of steps	around **15714** 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**

Recommended Site

Icons: Shrines and Temples | Park | Other

Arai Yakushi: Baishouin

This Budda enshrined here is also called "Chigan Yakushi" (the Budda of healing eyesight) based on the story of the princess Kazuko, a daughter of 2nd Shogun, Hidetada Tokugawa, who healed her lost eyesight by praying to this Yakushi budda. Every month on the day with 8 (8th, 18th and 28th), they hold event at this temple.

Tetsugaku-dō Park

It is a cultural property park designated as the scenic spot of Tokyo. In 1904 (37th of the year of Meiji era), this park was founded by Philosopher Dr. Enryo Inoue themed by his philosophy.

Housenji Temple

It is one of the most extensive temples in Nakano-ward. Main worshiped statue of this temple, "Fudomyoo" is said to be crafted by Ryoben who is famous for having founded Nara Todaiji Temple. In the temple, there are many cultural properties including designated tangible cultural properties of Nakano-ward.