

Walking Map (Hirai area)

I will introduce our recommended walking routes!



Hinodemachi mascot character
Hinode-chan



**A little action;
Always healthy.**

Tokyo Health Promotion Character
Kenko Desuka Man

The Benefits of Walking

*If you have a chronic illness, please consult your doctor before starting.

① Prevent lifestyle-related diseases

Helps decrease blood glucose and lower blood pressure. It is also said to reduce the risk of cancer, diabetes, and other lifestyle-related diseases.

② Improve cardiopulmonary function

Making exercise a habit leads to maintaining and improving the entire body, including overall physical strength and endurance.

③ Prevents obesity

Increased energy consumption will make it easier to reduce your waistline and weight.

④ Reduce stress

Walking helps improve your mood and eliminate stress, and is helpful to improve physical and mental health.

(Created with reference to "Physical Activity Reference for Health Promotion 2013(Ministry of Health, Labour, and Welfare)")

How to put on shoes

① Make the shoe loose enough that your toes can move.



② Gently tap the ground with your heel. If your heel is firmly in place, tighten the laces at the ankle.



③ Move your weight to your toes, and with your heels raised, fasten your shoes places.



Before and After Walking

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.



Are you healthy?



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

How to choose shoes

- ◆ Material The material should be light and breathable.
- ◆ Toe area There should be enough space to move your toes.
- ◆ Foot arch It should be shaped to support the insoles of your feet.
- ◆ Instep It should be able to be adjusted without tightening.
- ◆ Shoe sole It should flex according to movement.
- ◆ Heel It should firmly hold the heel in place.



Let's walk 10 more minutes!

Walking is an easy way to get exercise. Japan's national recommended guideline for walking is 8,000 steps a day(*1), but still only around 50% of Tokyo residents over the age of 20, both men and women, walk 8,000 steps a day(*2).

Adding just 1,000 steps a day (approximately 10 minutes more) not only helps you get more exercise, but also prevents lifestyle diseases and helps relieve stress.

*1 The Physical Activity Guidelines for Health (Active Guide) (Japanese Ministry of Health, Labour and Welfare) recommends physical activity equivalent to 8,000 steps a day for all men and women between the ages 18 and 64.

*2 Source: National Health and Nutrition Survey (Japanese Ministry of Health, Labour and Welfare) [Updated survey on residents of Tokyo 2007-2009]

Don't forget to drink water

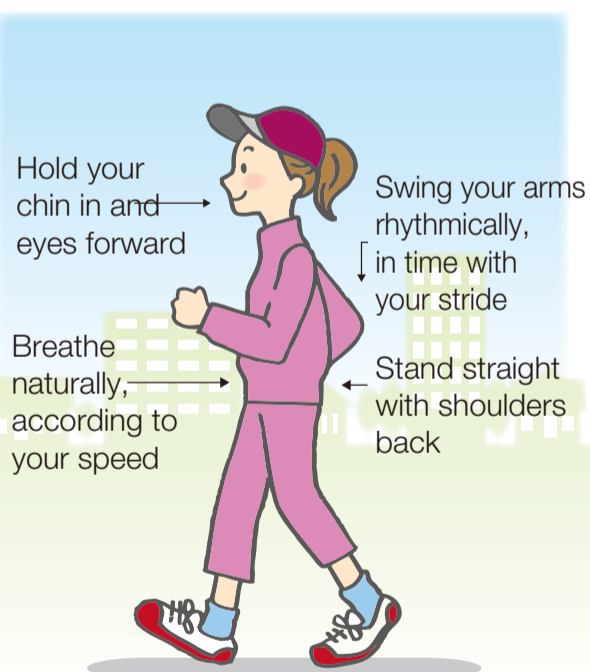
Sweating is a function that helps regulate body temperature. When the body lacks water necessary for sweating, this can cause heatstroke and other impairments. Remember to hydrate with water or a sports drink.

Also, because caffeine is diuretic, drinks that contain caffeine are not suitable for hydration. (coffee, black tea, etc.)



Ideal posture for walking

Good posture makes walking more effective!



Step forward heel-first
Kick the ground at the base of your big toe

Walk in big steps, about one heel (approx. 5-7 cm) wider than usual

A key point to remember about speed

• Not too fast, not too slow.

Appropriate speed guideline

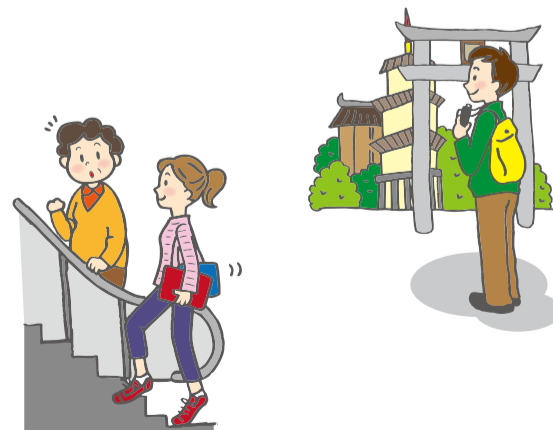
• A speed that is faster than usual but not difficult to maintain.

Hinodemachi mascot character
Hinode-chan



Hints to increase the amount of activity by walking

- Intentionally walk walkable distances instead of using the bus or train.
- Use the stairs instead of elevators and escalators.
- Don't just walk; have fun while you walk. For example, walk and shop at stores or streets featured in magazines, tour sightseeing spots, etc.
- Recording steps with a pedometer, smartphone, etc. will also lead to a sense of accomplishment and a willingness to continue.



Published: March 2017

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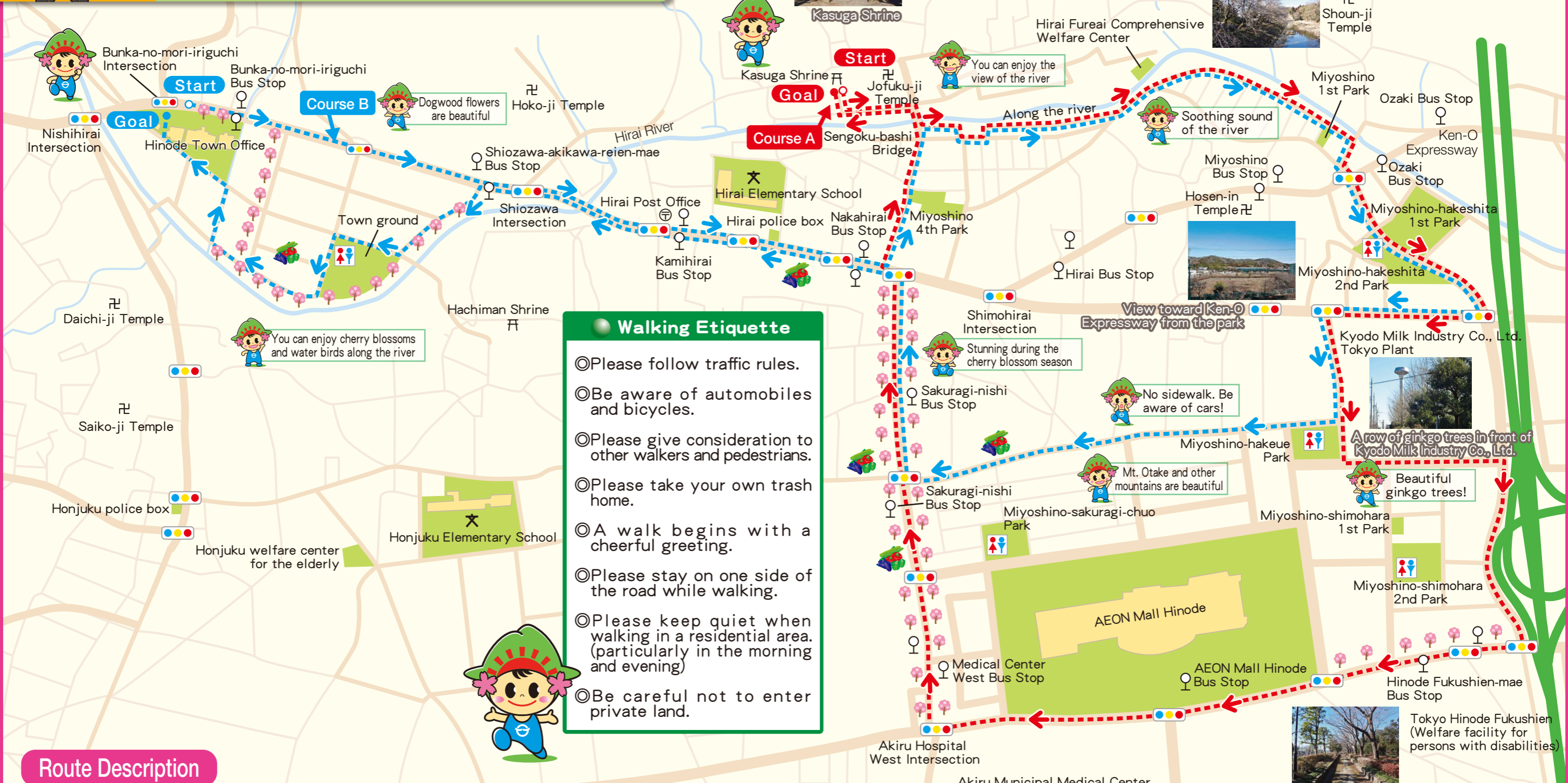


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Legend

- Restroom
- Bus Stop
- Unattended sales place (vegetables, etc.)



Walking Etiquette

- ◎ Please follow traffic rules.
- ◎ Be aware of automobiles and bicycles.
- ◎ Please give consideration to other walkers and pedestrians.
- ◎ Please take your own trash home.
- ◎ A walk begins with a cheerful greeting.
- ◎ Please stay on one side of the road while walking.
- ◎ Please keep quiet when walking in a residential area. (particularly in the morning and evening)
- ◎ Be careful not to enter private land.

Route Description

| | Distance | Number of steps | Time allowed | Calorie consumption |
|-----------------|------------|-------------------|---------------|---------------------|
| Course A | around 5km | around 7,150steps | around 75min. | around 225kcal |
| Course B | around 6km | around 8,580steps | around 90min. | around 270kcal |

- The number of steps for each course is calculated assuming one step= 70 cm.
- The time allowed for each course is calculated based on a person walking at 4 km per hour.
- The calorie consumption is calculated based on a 10 min. walk=30 kcal (60 kg male)

