伊奈 ■ 増戸コーボ

0

JAあきがわ増戸

喫茶はまぐぁーどんち

Itsukaichi Fine Plaza 五日市ファインプラザ

自治会館

udo Branch 金庫 增戸支店

會製材所 🔾

Office 郵便局

澤田印章店

185

61

Map data ©2017 Google, ZENRIN Terms 50 m ∟

road along vegetable fields

■ 増戸ハイツ メソンエース

Morinoshimo Park
森の下公園

Yoshihiro Meeting

mai Dental Clinic

五日市線—

ハイツ・ユートピアB

Gust ガスト 五日市山田店

Shinto Shrine 山田天神社(天満宮)

Highlight | Road along vegetable fields

沖倉製材所小売センター ■

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YAMADA

田口

Nowmar 能満禪寺

Google My Maps

Seiwa Nursery 該和保育團

● (株)ユニフローズ

■ メソン・ハビネス 橋本機械(株)

ハリカあきる野店 石川綿店

Akigawa Kindergarten 秋川幼稚園

*

五日市線

Masuko Area(Beginner) Masuko panoramic view course

Itsukaichi Line

UENODAI

Presbyterian Church

■ 影山ハイツ

藤醸造(株)

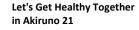
鈴木風呂店

森下材木店

@Google

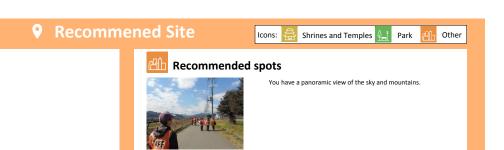
五日市線

- Itsukaichi Line









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

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.



1	Time allowed	around 42 minutes	3450
2	Distance	around 2.8 km	
}	Calorie consumption	around 126 kcal	BEEN TO
>	Number of steps	around 4000 steps	() () () () () () () () () ()
ese are estimates given for a person, weight 60kg, moving at 4km per hour, ting 10 min.=30kcal, one step=70cm.			
Tokyo Metropolitan Government Health Promoting character KENKOUDESUKA-MAN			