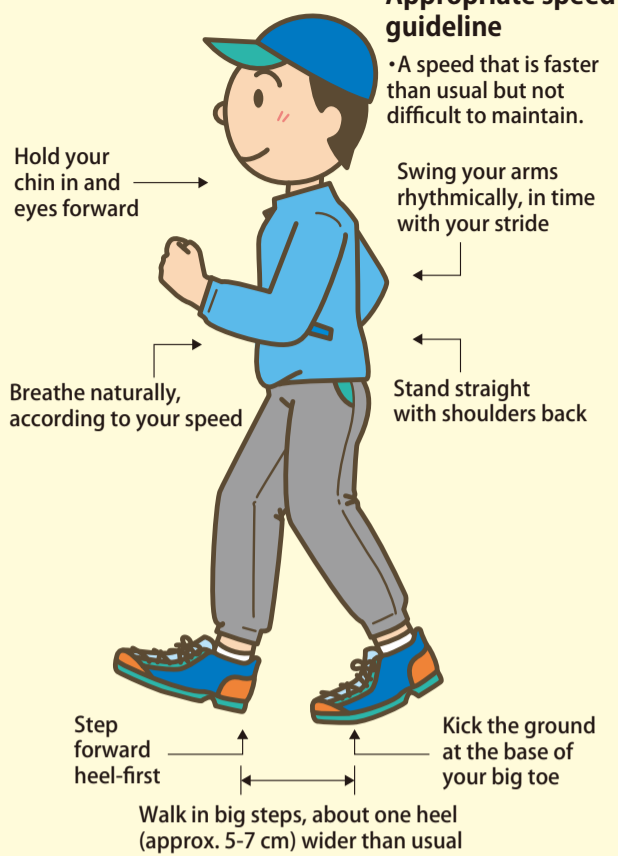


## Ideal posture for walking

### Good posture makes walking more effective!



## Don't forget to drink water

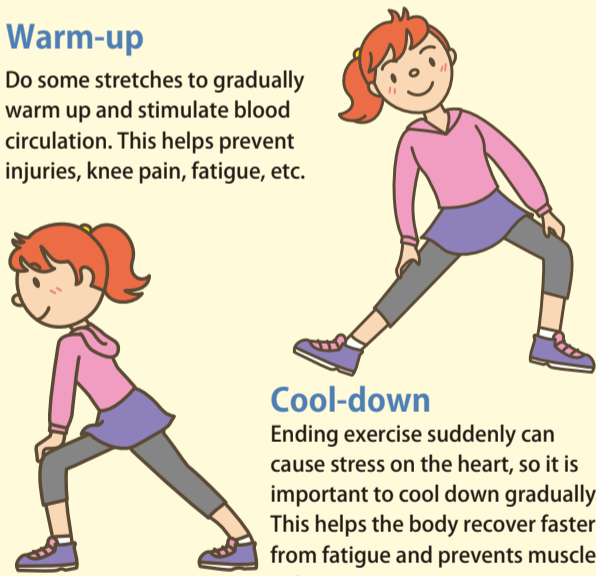
Sweating is a function that helps regulate body temperature. When the body lacks water necessary for sweating, this can cause heatstroke and other impairments. Remember to hydrate with water or a sports drink. Also, because caffeine is diuretic, drinks that contain caffeine are not suitable for hydration. (coffee, black tea, etc.)



## 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.

\*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. A thick sole with good cushioning
- **Heel** It should firmly hold the heel in place.



## 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.



## 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]

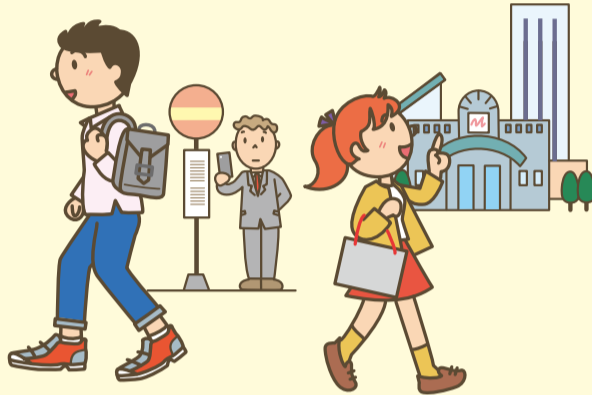
## Hints to increase the amount of activity by walking

• 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.



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Production: Tokyo Metropolitan Government Construction Bureau River Planning Division

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## What kind of river is Zenpukujigawa-river?

The river, with a total length of about 11 km, takes water from Zenpukuji Pond in Suginami City. It meanders through the city and flows into the Kanda River at the municipal border with Nakano City. Zenpukujigawa Ryokuchi Park and Wadabori Park continue for about 4.2 km along the river. You can enjoy strolling while feeling close to nature. In spring, cherry, Hanamizuki (dogwood), and other trees bloom at the same time, and leaves of Ichu (ginkgo), Irohamomiji (Japanese maple), Keyaki (zelkova), and other trees turn red and yellow in fall.



Entry artwork for river photo contest

Tokyo Metropolitan Government  
Construction Bureau River Division

# Along the river Walking Map

## ~Zenpukujigawa Course~



## 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 life style-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)")

## Access till the start/goal point

### ● Zenpukujigawa Course Start Point

- ◆ From subway Marunouchi Line "Honancho" Station, take an 8-minute walk.
- ◆ Toei Bus/Keio Bus : At JR Chuo Line "Asagaya" Station, take a bus bound for "Shibuya Eki" from "Asagaya Ekimae" Bus Stop to "Wadaboribashi" Bus Stop; take a 4-minute walk from there.
- ◆ Keio Bus : At JR Chuo Line "Nakano" Station, take a bus bound for "Eifukuchu" from "Nakano Eki" Bus Stop to "Wadaboribashi" Bus Stop; take a 3-minute walk from there.



### From goal point till the train station

- ◆ To JR Chuo Line "Ogikubo" Station, take a 12-minute walk.
- ◆ Kanto Bus : Take a bus bound for "Ogikubo-eki Minamiguchi" from "Chaleur Ogikubo Iriguchi" Bus Stop to "Ogikubo-eki Minamiguchi" Bus Stop; walk to JR Chuo Line "Ogikubo" Station.



# Along the river Walking Map

## ~Zenpukujigawa Course~

### Course Overview

[Distance] Approximately **5.5 km**

[Steps] Approximately **7,857** steps

[Time] Approximately **83** minutes

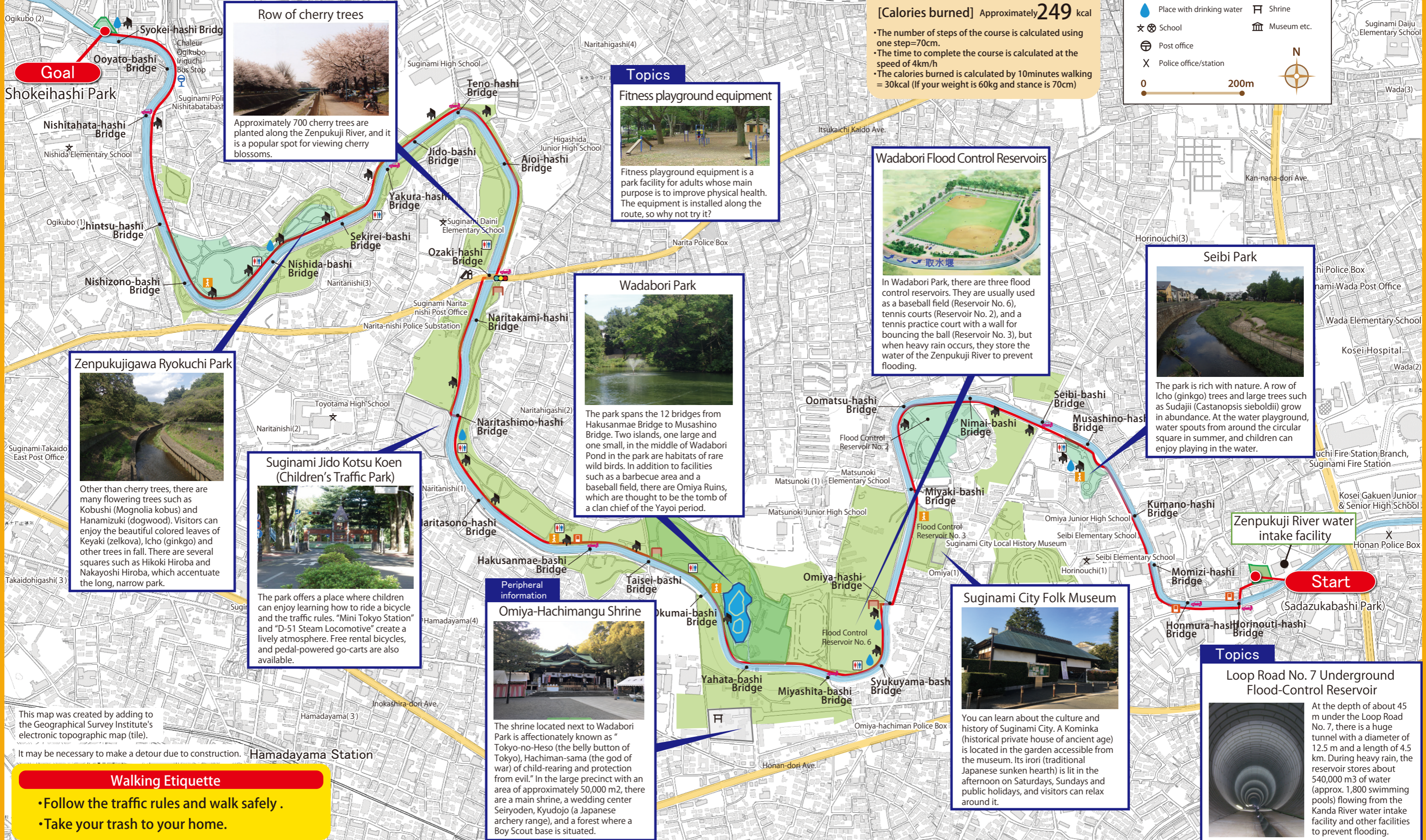
[Calories burned] Approximately **249** kcal

- The number of steps of the course is calculated using one step=70cm.
- The time to complete the course is calculated at the speed of 4km/h
- The calories burned is calculated by 10minutes walking = 30kcal (if your weight is 60kg and stance is 70cm)

(Legend)

	Bathroom		Traffic light
	Bench		Convenient store
	Roofed arbor		Bus stop
	Information board		Station
	Places where cars pass by		Vending machine
	Exercise equipment		Temple
	Place with drinking water		Shrine
	School		Museum etc.
	Post office		
	Police office/station		

0 200m



### Row of cherry trees

Approximately 700 cherry trees are planted along the Zenpukui River, and it is a popular spot for viewing cherry blossoms.

### Topics

#### Fitness playground equipment

Fitness playground equipment is a park facility for adults whose main purpose is to improve physical health. The equipment is installed along the route, so why not try it?

### Wadabori Flood Control Reservoirs

In Wadabori Park, there are three flood control reservoirs. They are usually used as a baseball field (Reservoir No. 6), tennis courts (Reservoir No. 2), and a tennis practice court with a wall for bouncing the ball (Reservoir No. 3), but when heavy rain occurs, they store the water of the Zenpukui River to prevent flooding.

### Seibi Park

The park is rich with nature. A row of Icho (ginkgo) trees and large trees such as Sudajii (Castanopsis sieboldii) grow in abundance. At the water playground, water spouts from around the circular square in summer, and children can enjoy playing in the water.

### Wadabori Park

The park spans the 12 bridges from Hakusanmae Bridge to Musashino Bridge. Two islands, one large and one small, in the middle of Wadabori Pond in the park are habitats of rare wild birds. In addition to facilities such as a barbecue area and a baseball field, there are Omiya Ruins, which are thought to be the tomb of a clan chief of the Yayoi period.

### Zenpukujigawa Ryokuchi Park

Other than cherry trees, there are many flowering trees such as Kobushi (Magnolia kobus) and Hanamizuki (dogwood). Visitors can enjoy the beautiful colored leaves of Keyaki (zelkova), Icho (ginkgo) and other trees in fall. There are several squares such as Hikoki Hiroba and Nakayoshi Hiroba, which accentuate the long, narrow park.

### Suginami Jido Kotsu Koen (Children's Traffic Park)

The park offers a place where children can enjoy learning how to ride a bicycle and the traffic rules. "Mini Tokyo Station" and "D-51 Steam Locomotive" create a lively atmosphere. Free rental bicycles, and pedal-powered go-carts are also available.

### Peripheral information

#### Omiya-Hachimangu Shrine

The shrine located next to Wadabori Park is affectionately known as "Tokyo-no-Heso (the belly button of Tokyo), Hachiman-sama (the god of war) of child-rearing and protection from evil." In the large precinct with an area of approximately 50,000 m2, there are a main shrine, a wedding center Seiryoden, Kyudojo (a Japanese archery range), and a forest where a Boy Scout base is situated.

### Suginami City Folk Museum

You can learn about the culture and history of Suginami City. A Kominka (historical private house of ancient age) is located in the garden accessible from the museum. Its irori (traditional Japanese sunken hearth) is lit in the afternoon on Saturdays, Sundays and public holidays, and visitors can relax around it.

### Topics

#### Loop Road No. 7 Underground Flood-Control Reservoir

At the depth of about 45 m under the Loop Road No. 7, there is a huge tunnel with a diameter of 12.5 m and a length of 4.5 km. During heavy rain, the reservoir stores about 540,000 m3 of water (approx. 1,800 swimming pools) flowing from the Kanda River water intake facility and other facilities to prevent flooding.

This map was created by adding to the Geographical Survey Institute's electronic topographic map (tile).

It may be necessary to make a detour due to construction. Hamadayama Station

### Walking Etiquette

- Follow the traffic rules and walk safely.
- Take your trash to your home.