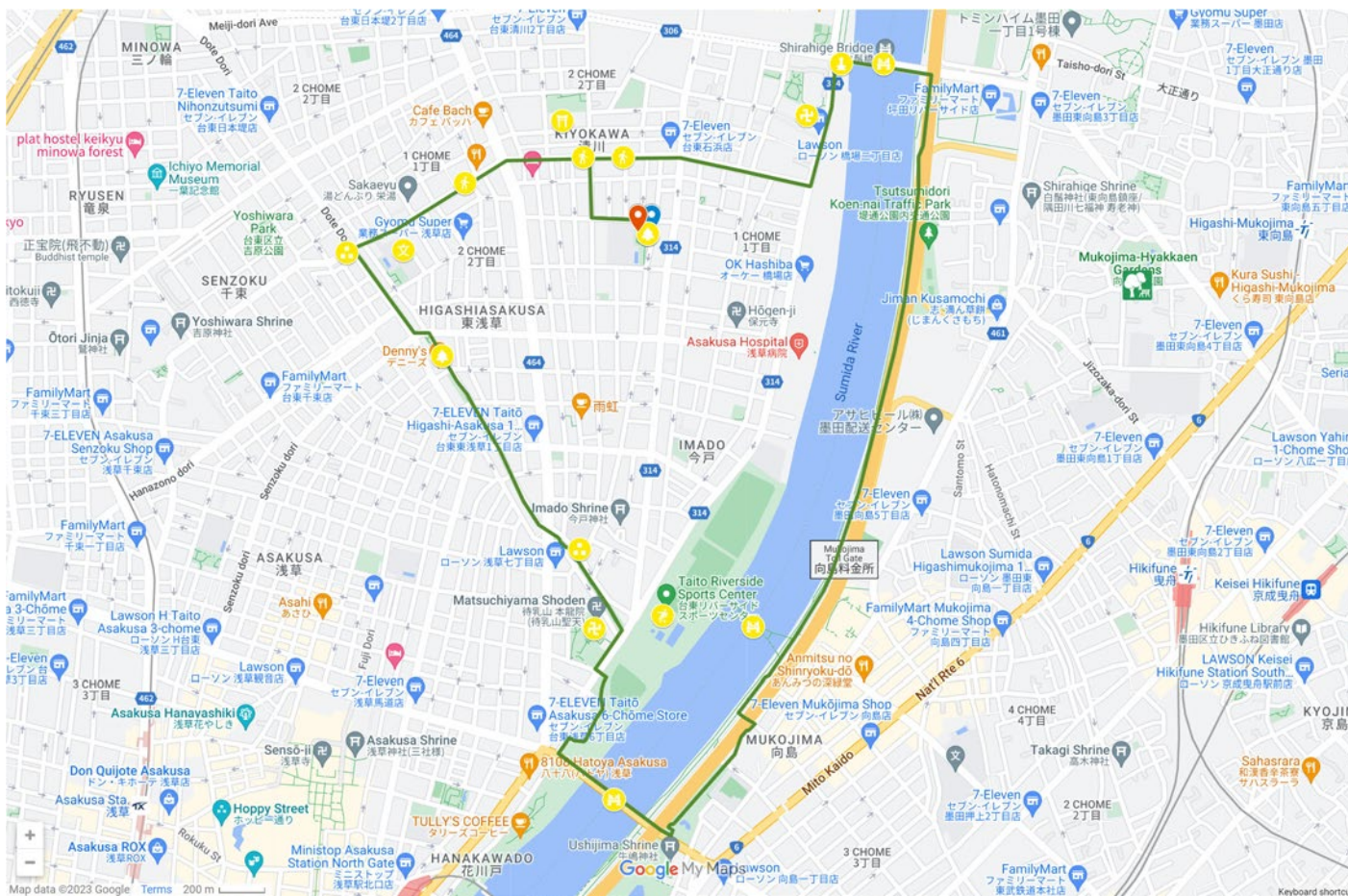


Course K (Kiyokawa Area Health Promotion Committee Recommendation)

Highlight | Sanyabori Park



Route Description

- Ishihama Park
- ▼
- Asahi Shotengai Shopping Street
- ▼
- Tamahime Inari-jinja Shrine
- ▼
- Hinodeai Shotengai Shopping Street
- ▼
- Higashi Asakusa Elementary School
- ▼
- Mikaeri-yanagi
- ▼
- Sanyabori Park
- ▼
- Akogare Statue
- ▼
- Matsuchiyama Shoden Temple
- ▼
- Taito Riverside Sports Center
- ▼
- Kototoi-bashi Bridge
- ▼
- Sakurabashi Bridge
- ▼
- Shirahige-bashi Bridge
- ▼
- "Emperor Meiji Gyoko Royal Visit Taioso Ruins Monument"
- ▼
- Hashiba Fudosen Temple
- ▼
- Asahi Shotengai Shopping Street
- ▼
- Ishihama Park

How to Start Walking.
 Warm-up
 Stretch, etc. and gradually warm up to slowly raise your pulse. This is especially important in the morning.

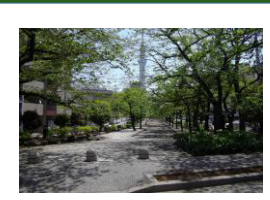
Main Exercise (Walking)
 At first, start with 15 minutes. Once you get used to it, gradually increase the pace and extend the distance covered.

Cool-down
 Stopping suddenly is hard on the heart!
 Aim to reduce your pulse gradually.
 Also, stretch to help your body recover from fatigue.

Point!
 © Setting times... At first, aim for 15 minutes. Exercising 60 minutes per day is most effective.
 © Frequency... Start with 1-2 times per week with the goal of increasing that number to 3-5 times per week.



Recommended Site



Sanyabori Park

Icons: Shrines and Temples Park Other

Time allowed	around 77 minutes
Distance	around 5.1 km
Calorie consumption	around 230 kcal
Number of steps	around 7286 steps

* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm.

