

## 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 40% 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 8000 steps a day for all men and women between the ages of 18 and 64.

※2 Source: National Health and Nutrition Survey (Japanese Ministry of Health, Labour and Welfare) (Updated survey on residents of Tokyo 2012-2014)

## 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.).



## The Benefits of Walking

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

### ①Prevents 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.

### ②Improve cardiopulmonary function

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

### ③Prevents obesity

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

### ④Reduce 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

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



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



③More your weight to your toes, and with your heels raised, fasten your shoe laces.



## 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. Free apps are available, so why not try one.



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# Walking map (Oguno 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

## 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.



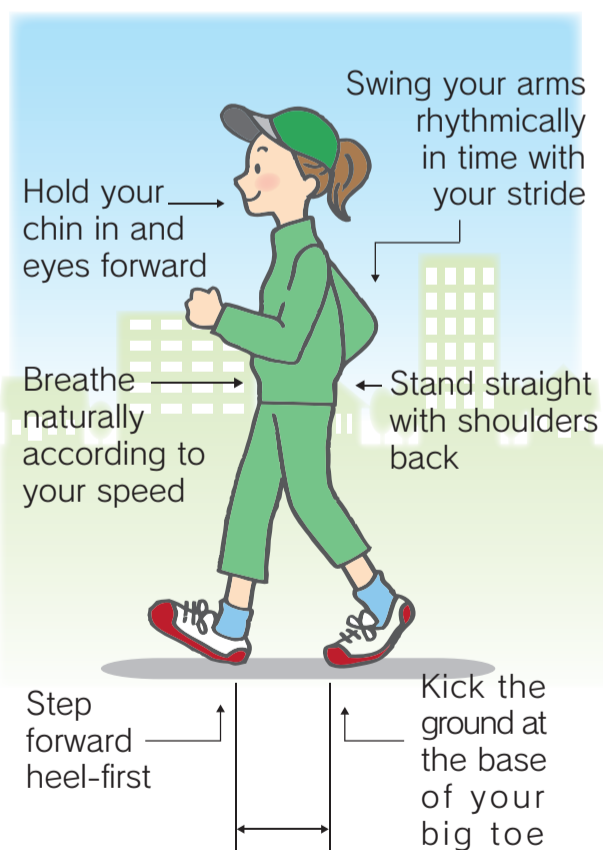
## How to choose shoes

- ◆Material: The material should be light and breathable.
- ◆Toe area: there should be enough space to move your toes
- ◆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.



## Ideal posture for walking

Good posture makes walking more effective!



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



# Walking map (Oguno area)



Hinodemachi mascot character "Hinode-Chan"

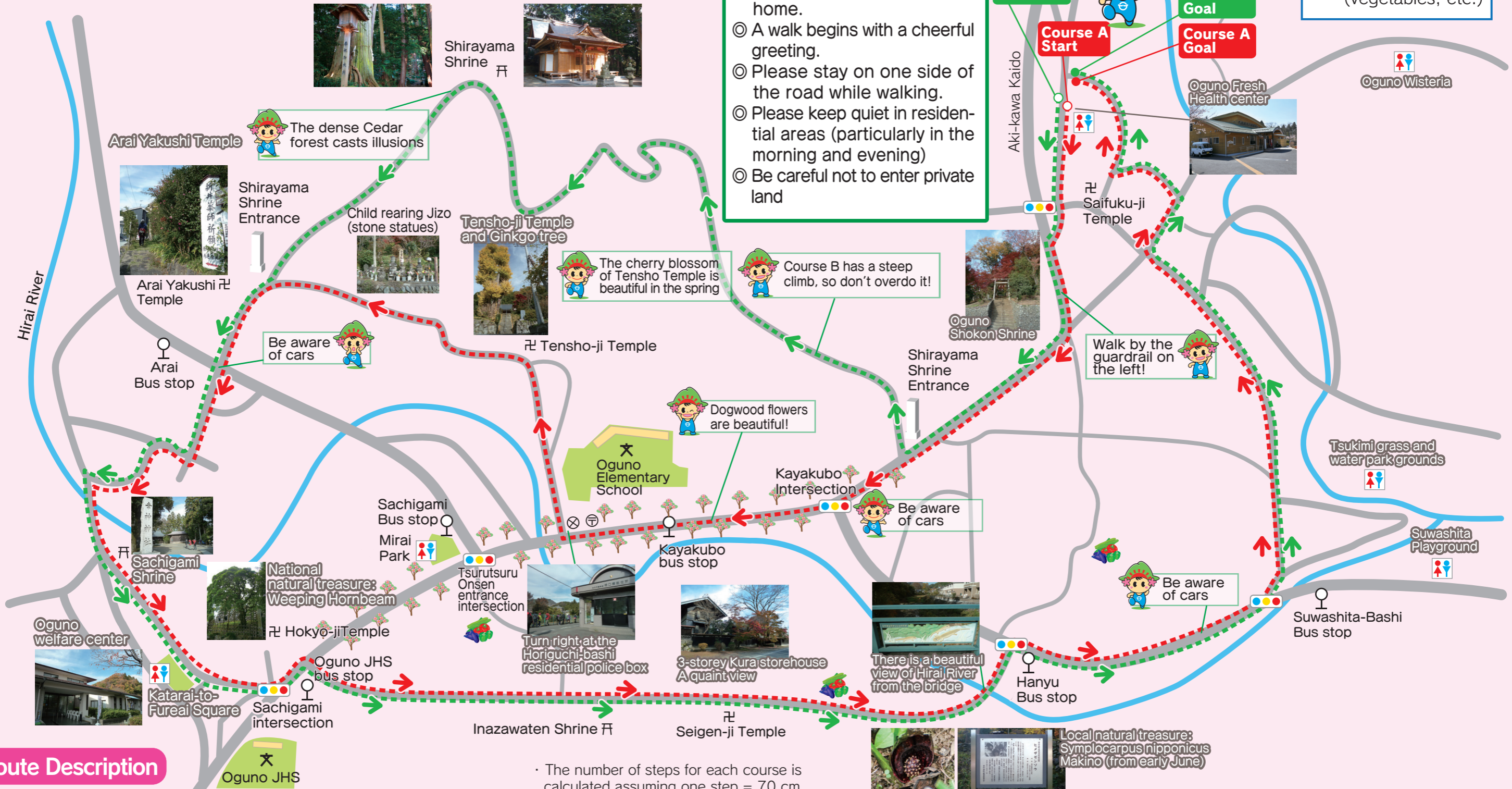


## Walking Etiquette

- ◎ 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 in residential areas (particularly in the morning and evening)
- ◎ Be careful not to enter private land

## Legend

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



## Route Description

	Distance	Number of steps	Time allowed	Calorie consumption
<b>A Course</b>	around 4.7 km	around 6714 steps	around 71 min	around 213 kcal
<b>B Course</b>	around 5.3 km	around 7571 steps	around 80 min	around 240 kcal

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

