

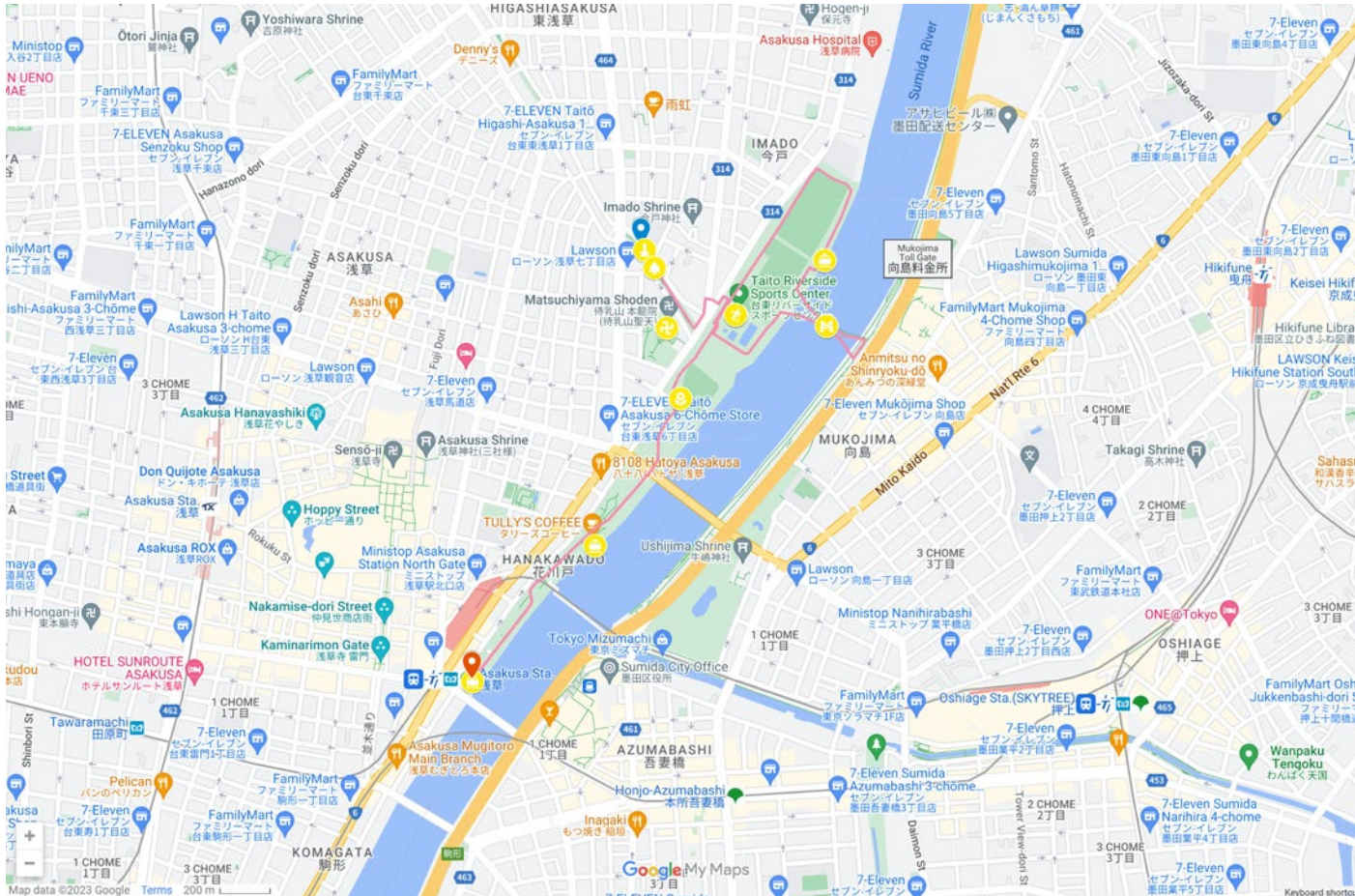
Taitou City

# Course A (Sumida Park)

Highlight | Sumida Park



「ACTIVE & HEALTHY CITY TAITO」



## Route Description

- 📍 Taito Healthy City Declaration Akogare Statue
- ▼
- 🌳 Sanyabori Park
- ▼
- 🏯 Matsuchiyama Shoden Temple
- ▼
- 🏊 Taito Riverside Sports Center
- ▼
- 🌉 Sakurabashi Bridge
- ▼
- 🛥️ Sakura-bashi Disaster-Prevention Landing
- ▼
- 🏊 Taito Riverside Sports Center
- ▼
- 🌳 Plum Garden
- ▼
- 🛥️ Asakusa Tosando Nitenmon Disaster-Prevention Landing
- ▼
- 🚢 Tokyo Cruise Ship Asakusa Landing

## 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

Icons: 🏯 Shrines and Temples 🌳 Park 🏠 Other

In preparation



Sumida Park

🕒 Time allowed	around <b>39</b> minutes
📏 Distance	around <b>2.6</b> km
🔥 Calorie consumption	around <b>117</b> kcal
👣 Number of steps	around <b>3715</b> steps

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

Tokyo Metropolitan Government Health Promoting character **KENKOUDESUKA-MAN**

