



# Sunny Nerima Outskirts Course

Highlight | Oizumi Chuo Park Mizu no Hiroba



## Route Description

- Nagakubo Bus Stop
- ▼
- Mizu no Hiroba Park
- ▼
- Cho no Sato
- ▼
- Service Center
- ▼
- Cafe Hidamari

## Points to keep in safe walking

- Stretch before and after to prevent injuries and fatigue. (Recommendations for warm-ups and cool-downs)
- Bent-knee exercises
- Back stretch
- Achilles tendon stretch
- Choose shoes and clothes that fit your feet and are easy to walk in.
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- Avoid exercising directly before and after meals, early in the morning, and late at night.
- Carry water or unsweetened tea with you. Make sure to drink fluids frequently.
- Consult with your family doctor before beginning exercising.
- It is important not to work too hard when one is sleep deprived and/or in poor physical condition.
- Be careful of cars on the road.
- Make sure you know emergency contact information in case of emergencies.

Time allowed	around <b>21</b> minutes
Distance	around <b>1.4</b> km
Calorie consumption	around <b>63</b> kcal
Number of steps	around <b>2000</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**



## Recommended Site

Icons: Shrines and Temples Park Other

### Mizu no Hiroba Park



Walking while listening to birds chirping

### Cho no Sato



The 350 cherry trees in Oizumi Chuo Park are impressive. There is plenty of shade from trees, making the park feel great on hot days, too.