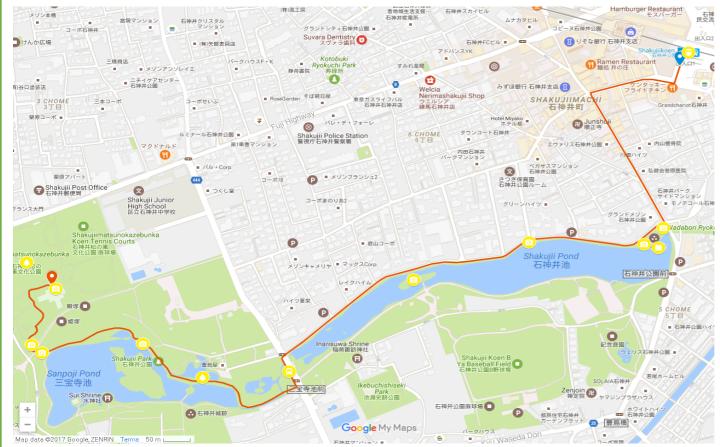
Park Tour - Matsunokaze Park Course







Route Description Shakuiji-koen Sta. 0 ▼ Boat Landing T Nakanoshima Sanpoji Pond Bus Stop Waterside Observation Garden -Matsu-no-kaze Park (POM) 0 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. 10 • 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. around **30** minutes Time allowed around 2.0 km around 90 kcal Calorie consumptio Number of steps around 2900 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 Icons: Shrines and Temples Park Other Matsu-no-kaze Park (POM) Almost the exact same size as the Tokyo Dome grounds We also recommend walking among the green of the

Nakanoshima

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Nerima City



A path lined with cherry and willow trees

Recommened Site 9

Waterfront Promenade





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park