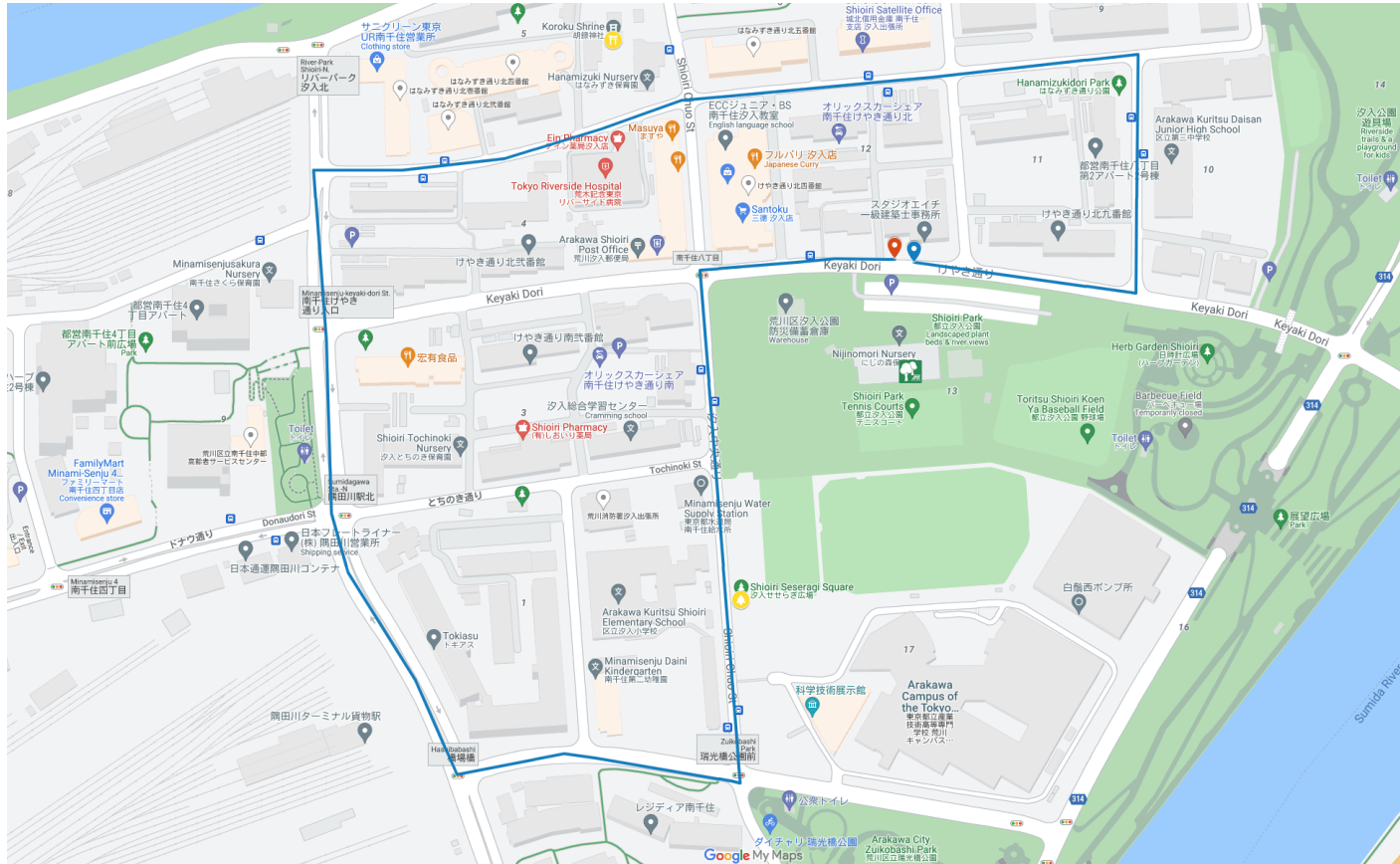


ARAKAWA CITY

Walking Route through Recently Developed Streetscapes

Highlight | Metropolitan Shioiri Park



© Google

Route Description

- 📍 Metropolitan Shioiri Park
- ▼
- 🌟 Shioiri Saseragi Hiroba
- ▼
- 📍 Metropolitan Shioiri Park

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.

	Time allowed	around 29 min.
	Distance	around 1.9 km
	Calorie consumption	around 87 kcal
	Number of steps	around 2714 steps

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

Tokyo Health Promotion Mascot KENKOUDESUKA-MAN



Recommended Site

Icons: Shrines and Temples Park Other



Metropolitan Shioiri Park



Shioiri Saseragi Hiroba