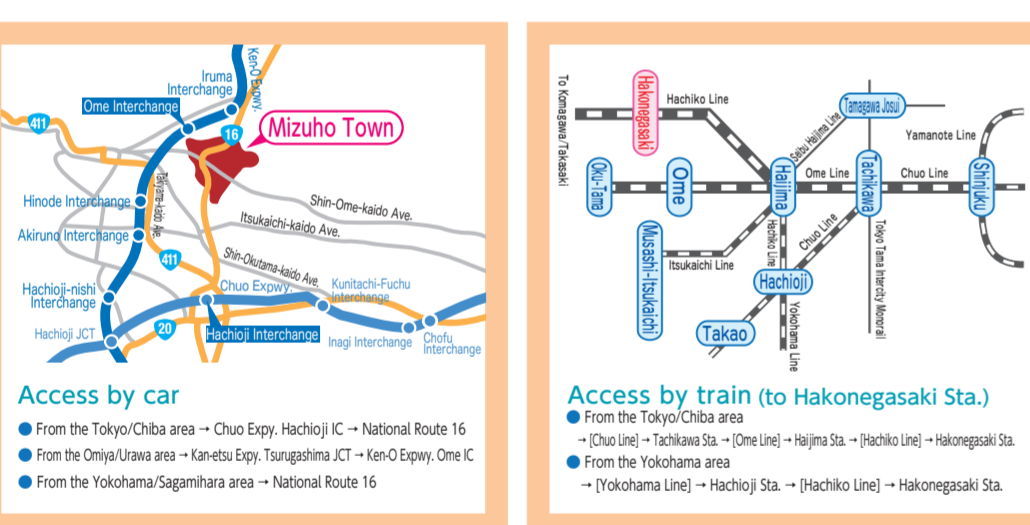
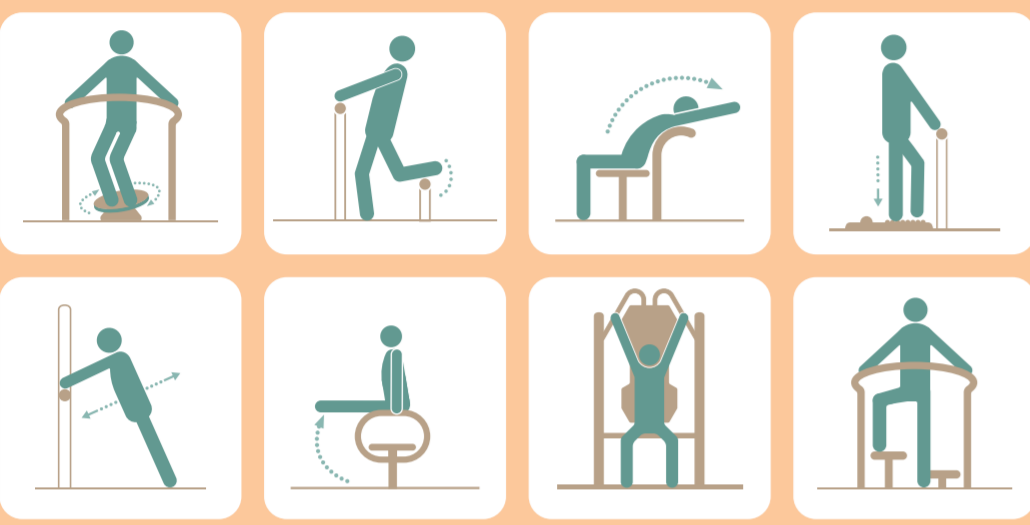


# “Walk”-come to MIZUHO!

Mizuho Town Health Walking Map



**“Walk”-come to Mizuho! is supported by Avenza Maps and can be viewed on your tablet or smartphone!**

Avenza Maps is an app for your smartphone or tablet which can be used offline. Because it can work without an internet connection, it can be used with your device's GPS function to easily check where you are on a map when traveling overseas, when out on the ocean, when in the mountains, and in other places where cell signals don't reach. You can also download maps before going somewhere and copy places you want to remember along with photos to maps.

Download the app here

QR code for Avenza Maps data for “Walk”-come to Mizuho! can be downloaded using the QR code to the left or by searching for “Mizuho Town Health Walking” in the app store.

**The Mizuho Shining Corridors**

Many woods and farm fields can still be found in Mizuho. Since ancient times, this town has been an outgrowth of the area's natural abundance and the community of people living here, and without a doubt the same holds true today. In order to make it possible to live a purposeful, fulfilling, and vitality-filled life in a pleasant and enriching environment, local residents, businesses, and the government are cooperating in the effort to conserve water and green spaces and create new connections between people and things. Linking natural environmental resources such as the upper section of Sayama Pond, Sayama Katakuri-no-Sato, the Keyakikan, and Sayama Hills and maintaining paths between them will fully display the charms of the area.

**See the official town website for details!**

<http://www.town.mizuho.tokyo.jp/kirameki/index.html>

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**Small efforts, lasting health**

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

## Walking benefits

Persons with chronic illnesses should consult with their primary physician before starting.

- Prevents lifestyle diseases**  
Lowers blood sugar levels and blood pressure. Walking is also said to lower the risk of cancer, diabetes, and other lifestyle diseases.
- Improves cardio-pulmonary function**  
Maintaining regular exercise improves and maintains overall physical stamina and muscle strength.
- Prevents obesity**  
Increases the number of calories burned, making it easier to reduce one's weight and one's waistline.
- Alleviates stress**  
Helps improve mood and alleviate stress, aiding in the improvement of the health of both body and mind.

(Created based on the Physical Activity Reference 2013 for Health Promotion published by the Ministry of Health, Labor and Welfare)

## Before and after walking

### Warm up

Do some stretching or other light exercise to gradually warm up your body and promote circulation. Do this to prevent injuries and avoid knee pain and fatigue.

### Cool down

Suddenly stopping exercise is a burden on the heart, which is why it's important to stop gradually. This also increases the speed with which you'll recover from fatigue, and prevent muscle soreness.

Note: It's important not to push yourself when you are sleep deprived or don't feel well

## Don't forget to hydrate

Sweating prevents the elevation of body temperature. When the body doesn't have enough water to sweat, there is a danger of experiencing heat-stroke. Hydrate by drinking water or sports drinks. Note that drinks which contain caffeine (which promotes urination) such as coffee and tea are not good choices for hydrating.

## Improve your health with +10!

Just getting your body moving 10 minutes more than now will extend your healthy life expectancy. Get healthier today by starting +10 (an extra 10 minutes of activity a day).

Actively getting your body moving regularly lowers the risk of diabetes, heart disease, stroke, cancer, locomotive syndrome\*, depression, and dementia. To start, try getting your body moving 10 more minutes each day than you do now!

Note: What is locomotive syndrome?  
 A highly dangerous condition in which the deterioration of bone and joint health, musculature, and ability to balance makes falls and bone fractures more likely, making it impossible to live independently and necessitating nursing care.

### Physical activity guidelines for health promotion

(Guidelines for persons whose blood sugar levels, blood pressure, and fat are within the standard range per the results of a health checkup)

Age	Physical activity (= Daily activity + exercise)	Exercise
65 and older	40 minutes daily of physical activity regardless of intensity	—
18-64	60 minutes daily of physical activity equivalent at least to walking in intensity	60 minutes weekly of exercise which causes sweating and heavy breathing
Under 18	Reference: Childhood Exercise Guide 60 minutes or more per day with fun, physical movement is desirable	—

Source: Slightly modified from the Physical Activity Reference 2013 for Health Promotion Outline published by the Ministry of Health, Labour and Welfare

## Hints for increasing your activity level with walking

- Make a deliberate choice to walk walkable distances instead of using a bus or train.
- Use the stairs instead of elevators and escalators.
- Don't just walk; have fun while walking. For example, explore scenic areas and famous sightseeing destinations, or go shopping at places highlighted in magazines and other media.
- Using a pedometer or smartphone and recording the number of steps you've taken leads to a sense of accomplishment and can increase the desire to continue.

Using a pedometer, smartphone, or other device while walking is dangerous. Please stop at a safe place before using such devices.

## Ideal walking form

Take care to learn proper posture so your walking can be healthier and more effective!

- Tuck in your chin and look in the direction you are moving
- Swing arms rhythmically in time with legs
- Straighten your back and push out your chest
- Breathe normally in time with walking tempo
- Land on your heel
- Step with the base of your big toe
- Take strides around one heel-length (5-7 cm) larger than normal

### Key point for walking speed

Walk neither too fast nor too slow. A rule of thumb for an appropriate walking speed is one which is faster than you usually walk but not so fast that you find it difficult to maintain.

## How to put on shoes

- Put shoe on loosely so that the tips of your toes can wiggle inside.
- Lightly tap the heel on the ground and, once your heel is firmly seated, tighten ankle laces.
- Move your weight onto the tips of your toes, and, with your heel raised, tie your shoe firmly to secure it.

## How to choose shoes

- Materials** Light and breathable
- Toe** Sufficient space to wiggle the tips of your toes
- Arch** Shape which supports insole
- Top** Not too tight and can be adjusted with laces
- Sole** Flexibly bends with movement; sufficient thickness and good cushioning
- Heel** Firmly cups heel of foot

## Wear reflective materials when walking at night!

Wearing inconspicuous clothing (such as black-colored clothing) while walking at night makes it difficult for cars to notice you until they are very close. Wearing reflective materials ensures that walkers are noticed much sooner. Be sure to wear a hat, sneakers, keychain, etc. covered with reflective material when walking at night.

## Nordic walking

**Easy and super effective!**

Nordic walking involves walking with two poles. It is said to stimulate around 90% of the muscles of the entire body and to burn around 30% more calories over standard walking. It can also reduce the load placed on the lower half of the body and has gained attention as a sport and highly efficient form of exercise among people of all ages, from children to senior citizens.

Nordic walking is a style of walking started in Finland which involves walking with two poles. Utilized as part of the summer training routine of Finnish cross-country skiers since the 1930s, it began gaining attention in the latter half of the 20th century as an easy form of exercise with strong total-body benefits and has swelled in popularity in Japan as well as around the world.

**Recommended for**

- Persons who don't like sports but who want to get more exercise
- Persons thinking about starting walking
- Persons diagnosed with metabolic syndrome, dyslipidemia, high blood pressure, or diabetes
- Persons who want to walk in order to improve their figure, correct posture, or for beauty-enhancement
- Persons looking for stamina maintenance and enhancement training for athletes
- Persons who don't have much stamina or who suffer from lower back pain, knee pain, or hip joint pain and who worry that normal walking would be too difficult
- Professionals considering using walking as part of rehabilitation, preventative care, or fall prevention exercise

Excerpted from the Japan Nordic Walk League website

## Health equipment list

A list of parks with health equipment facilities is printed on the back side.

Health equipment is a type of playground equipment installed with the primary purpose of promoting health as part of everyday life through muscle training, stretches, and other exercises. Aim to become even healthier and make use of this equipment when taking walking breaks.

- Step stretcher
- Hanging stretcher
- Rolling step
- Back stretching chair
- Twist stool
- Hanging pole
- Waist twister
- Pull-up parallel bars
- Back-stretching bench
- Sit-up bench
- Slow sit-and-reach
- Spring bar
- Easy stretcher
- Shuttle step
- Pushup board
- Easy step
- Leapfrog
- Spring balance beam
- Side stretcher
- Belly twister
- Parallel bars
- Balance beam
- Multi-benefit trainer
- Twist board
- Composite health equipment
- Air walker
- Stretching circle
- Ankle stretcher
- Shoulder spinner wheel
- Leg lift stretcher
- Spinning cycle
- Twister
- Foot and arm stretcher
- Back stretch trainer
- Shoulder trainer
- Cycling bench
- Yoridori Gym Bravo
- Leg stretcher
- Stretching bench
- Shoulder rotator
- Jumping pole
- Stand-and-reach

**1 Matsubara A Course**

Dist. 4.1 km  
Time 62 min.  
Steps 5857 steps  
Calories 186 kcal

START Matsubara Central Park  
1-1 Sakura Park 0.7 km 11 min.  
1-2 Hakonegasaki Sta. 1.1 km 17 min.  
1-3 Mizuho Eco Park (Approach Square) 0.8 km 12 min.  
1-4 Matsubara-nishi Park 1.0 km 15 min.  
GOAL Matsubara Central Park 0.5 km 7 min.

**2 Matsubara B Course**

Dist. 3.6 km  
Time 55 min.  
Steps 5143 steps  
Calories 165 kcal

START Matsubara Central Park  
2-1 Sakura Park 0.7 km 11 min.  
2-2 Hakonegasaki Sta. 1.1 km 17 min.  
2-3 Matsubara-nishi Park 1.0 km 15 min.  
GOAL Matsubara Central Park 0.8 km 12 min.

**3 Matsubara C Course**

Dist. 2.0 km  
Time 30 min.  
Steps 2857 steps  
Calories 90 kcal

START Matsubara Central Park  
3-1 Matsubara Central Park Ent. Intersection 0.6 km 9 min.  
3-2 Matsubara-nishi Park 0.8 km 12 min.  
GOAL Matsubara Central Park 0.6 km 9 min.

**4 Komagata-Fujiyama Course**

Dist. 4.8 km  
Time 72 min.  
Steps 6857 steps  
Calories 216 kcal

START Hakonegasaki Sta.  
4-1 Fresh House 0.8 km 12 min.  
4-2 Sayamaike Park (public toilet) 1.3 km 19 min.  
4-3 Koshinkan 0.9 km 14 min.  
4-4 Sayama Katakuri-no-Sato (parking lot) 0.8 km 12 min.  
GOAL Hakonegasaki Sta. 1.0 km 15 min.

**5 Ishihata-Tonogaya Course**

Dist. 9.0 km  
Time 135 min.  
Steps 12857 steps  
Calories 405 kcal

START Hakonegasaki Sta.  
5-1 Sayamaike Park (Jakkuijiemon Statue) 0.6 km 9 min.  
5-2 Junsaiike Park 1.5 km 23 min.  
5-3 Yuhidai Park (public toilet) 1.3 km 19 min.  
5-4 Rokudoyama Park (observation deck) 1.1 km 16 min.  
5-5 Azusamiten-jinja Shrine 1.7 km 25 min.  
5-6 Yoshino-bashi Bridge 1.5 km 23 min.  
5-7 Enpukuji Temple (Sanmon Gate) 0.9 km 14 min.  
GOAL Hakonegasaki Sta. 0.4 km 6 min.

**1 START & GOAL Matsubara Central Park**

**2 START & GOAL Matsubara B Course**

**3 START & GOAL Matsubara C Course**

**1-1 2-1 Sakura Park**

**3-1 Matsubara Central Park Ent. Intersection**

**2 Matsubara B Course**

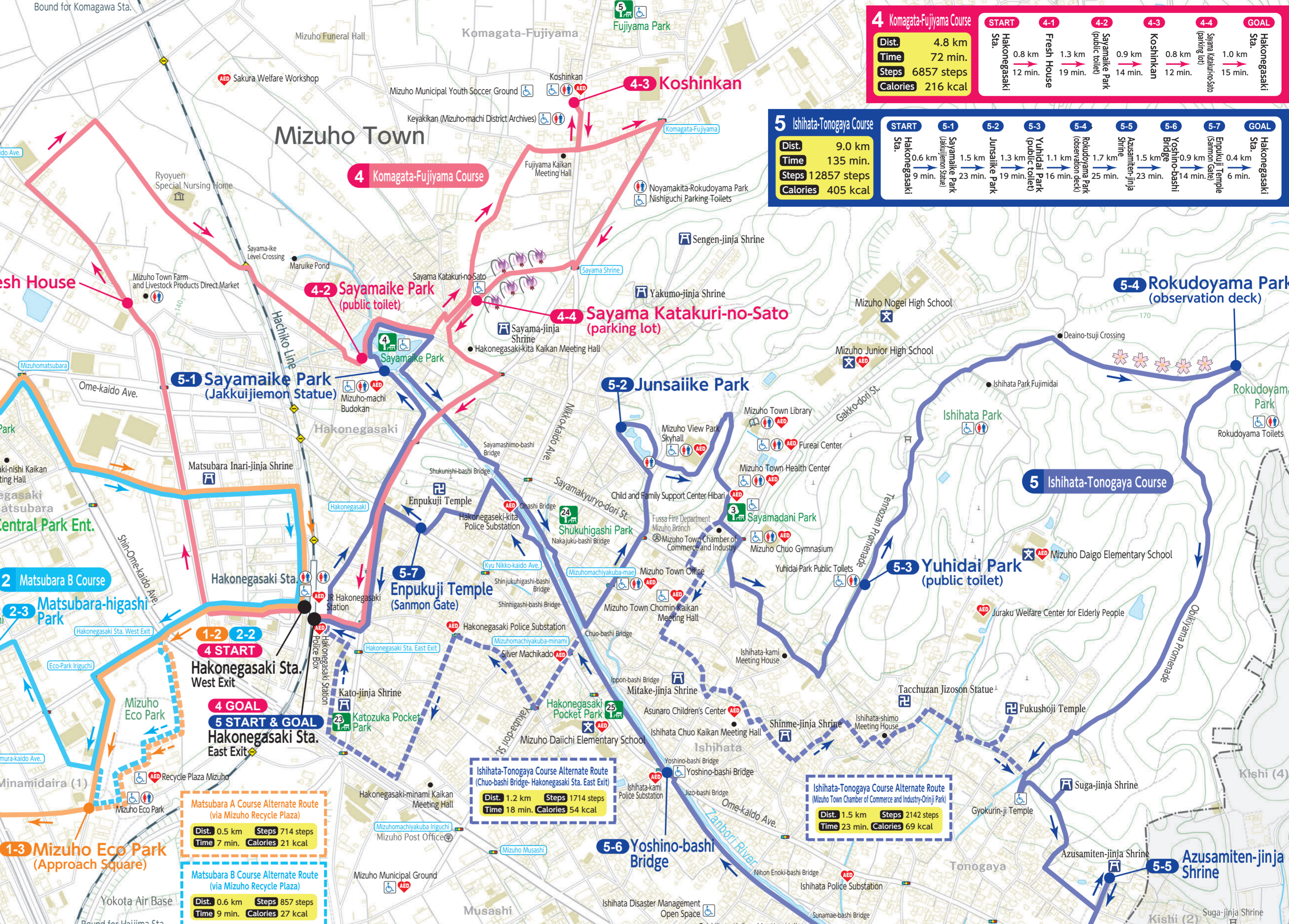
**2-3 Matsubara-higashi Park**

**1-2 2-2 Hakonegasaki Sta.**

**1-3 Mizuho Eco Park (Approach Square)**

**1 Matsubara A Course**

**1-4 3-2 Matsubara-nishi Park**



**List of parks with fitness equipment**

No	Park	Course	Facilities	Address	Number of Fitness Equipment	Fitness Equipment Number (The details are on the back.)
1	Tonogaya Sankakuchi Pocket Park	Ishihata-Tonogaya		793 Tonogaya, Mizuho Town	2	1 2
2	Tonogaya Pocket Park	Ishihata-Tonogaya		834-43 Tonogaya, Mizuho Town	2	3 4
3	Sayamadani Park	Ishihata-Tonogaya		1970 Ishihata, Mizuho Town	3	5 6 7
4	Sayamaike Park	Komagata-Fujiyama, Ishihata-Tonogaya		712 Hakonegasaki, Mizuho Town	2	8 9
5	Fujiyama Park	Komagata-Fujiyama		376-4 Komagata-Fujiyama, Mizuho Town	2	9 10
6	Nihongi Park	(outside figure)		681-1 Nihongi, Mizuho Town	3	7 11 38
7	Takaneshita Park	(outside figure)		68-1 Takane, Mizuho Town	1	24
8	Midorino Park	(outside figure)		477 Nihongi, Mizuho Town	2	4 10
9	Matsuyamanishi Park	(outside figure)		618-4 Takane, Mizuho Town	6	9 12 13 14 15 16
10	Shimono Park	Matsubara A, B, C		1-40 Nagaoka, Mizuho Town	2	24 37
11	Shimomurooka Park	(outside figure)		2-9 Nagaoka, Mizuho Town	8	4 7 8 10 17 18 19 20
12	Kasuga Park	(outside figure)		4-24 Nagaoka, Mizuho Town	2	9 40
13	Nagaoka Park	(outside figure)		1178-5 Hakonegasaki, Mizuho Town	4	9 10 21 22

No	Park	Course	Facilities	Address	Number of Fitness Equipment	Fitness Equipment Number (The details are on the back.)
14	Sakura Park	Matsubara A, B		33 Higashimatsubara, Hakonegasaki, Mizuho-machi	1	4
15	Matsubara-higashi Park	Matsubara B		7 Higashimatsubara, Hakonegasaki, Mizuho-machi	3	7 13 23
16	Matsubara Central Park	Matsubara A, B, C		42 Nishimatsubara, Hakonegasaki, Mizuho-machi	14	9 10 24 25 26 27 33 34 35
17	Matsubara-nishi Park	Matsubara A, C		20 Nishimatsubara, Hakonegasaki, Mizuho-machi	2	7 15
18	Minamidaira Hibiari Park	(outside figure)		2-37 Minamidaira, Mizuho-machi	2	26 39
19	Musashino Park	(outside figure)		1-2 Musashino, Mizuho-machi	3	13 28 29
20	Mizuhito Sakae Park	(outside figure)		2-43-23 Musashino, Mizuho-machi	1	12
21	Tsukushi Park	(outside figure)		3-8-7 Musashino, Mizuho-machi	1	32
22	Fujimi Park	(outside figure)		2-1-20 Musashino, Mizuho-machi	3	7 30 31
23	Katozuka Pocket Park	Ishihata-Tonogaya		314-5 Hakonegasaki, Mizuho-machi	1	24
24	Shukuhigashi Park	Ishihata-Tonogaya		2428 Hakonegasaki, Mizuho-machi	1	2
25	Hakonegasaki Pocket Park	Ishihata-Tonogaya		2270-1 Hakonegasaki, Mizuho-machi	1	38



Scale: 1 : 6,000 (300m)

With the approval of the Director General of the Geospatial Information Authority of Japan, these maps were made using the GIS-enabled Digital Map (Basic Geospatial Information) Digital Japan (Basic Map) Information, Digital Map (Basic Geospatial Information) Digital Japan (Basic Map) Information, and Fundamental Geospatial Data.

**Legend**

**Time** Calculated at 4 kph

**Steps** Calculated at 1 step = 70 cm

**Calories** Calculated at 10 min. walking = 30 cal. (for a person with a weight of 60 kg and a stride length of 70 cm)

Note: Figures are approximate. Please use them as a guide only.

- Park with health equipment
- Multifunction toilet
- Public toilet
- Cherries
- Dogtooth violets
- AED-equipped facility