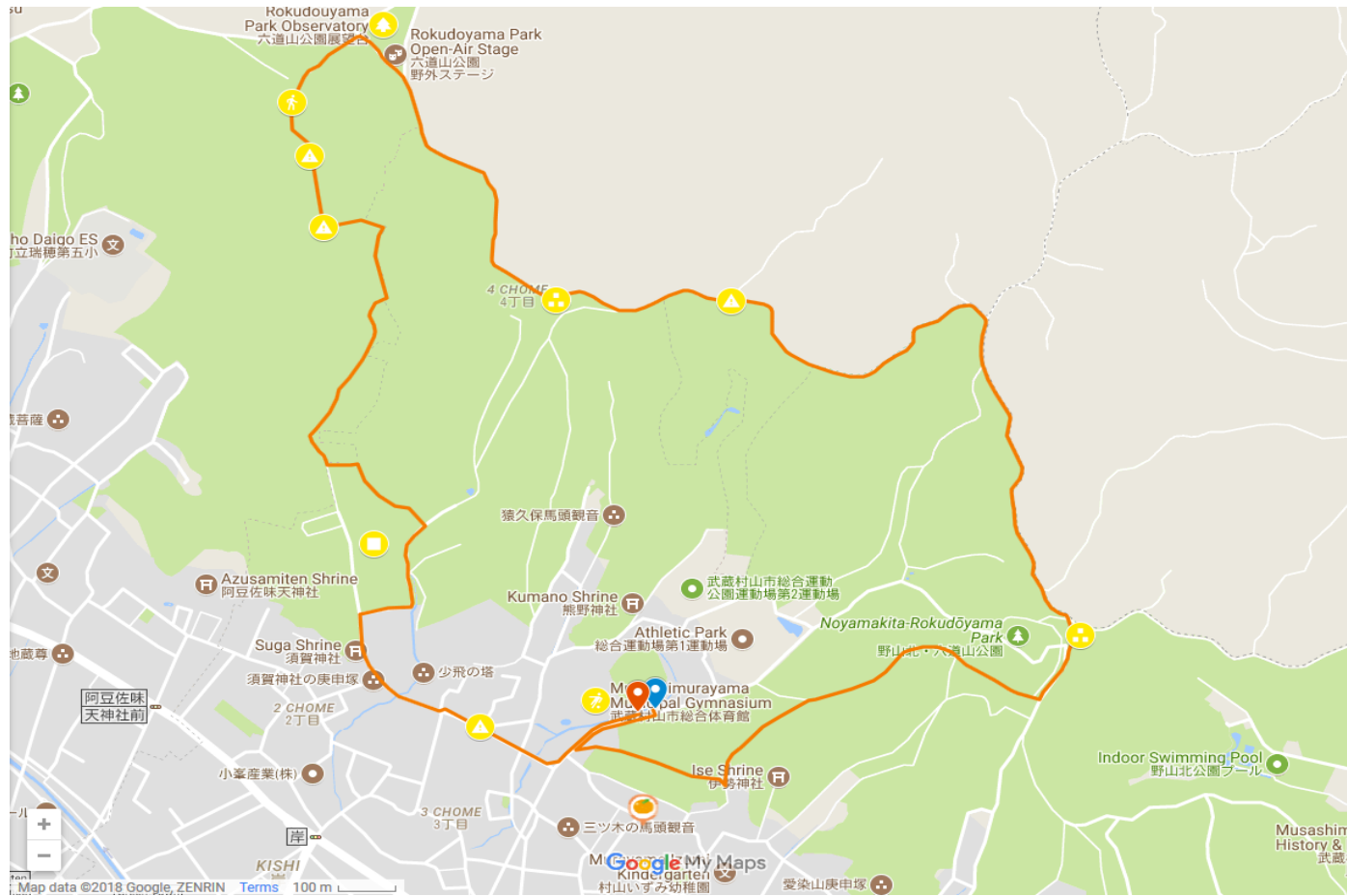


Waku-Waku (Exciting) Course - A Course

Highlight | **Satoyama residence**



PR character for initiatives to promote the charms of Musashimurayama



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Route Description

- 📍 General Gymnasium
- ▼
- 👤 Roku Jizo (six statues of deities)
- ▼
- 👤 Sarukubo
- ▼
- 🌳 Rokudoyama Park
- ▼
- 🚶 Obikiyama promenade
- ▼
- 🏠 Satoyama residence
- ▼
- 📍 General Gymnasium

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.

Recommended Site

Icons: 🏠 Shrines and Temples 🌳 Park 🏠 Other



🏠 Satoyama residence



🏠 Roku Jizo (six statues of deities)

🕒 Time allowed	around 75 minutes
📏 Distance	around 5.0 km
🔥 Calorie consumption	around 225 kcal
👣 Number of steps	around 7140 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**

