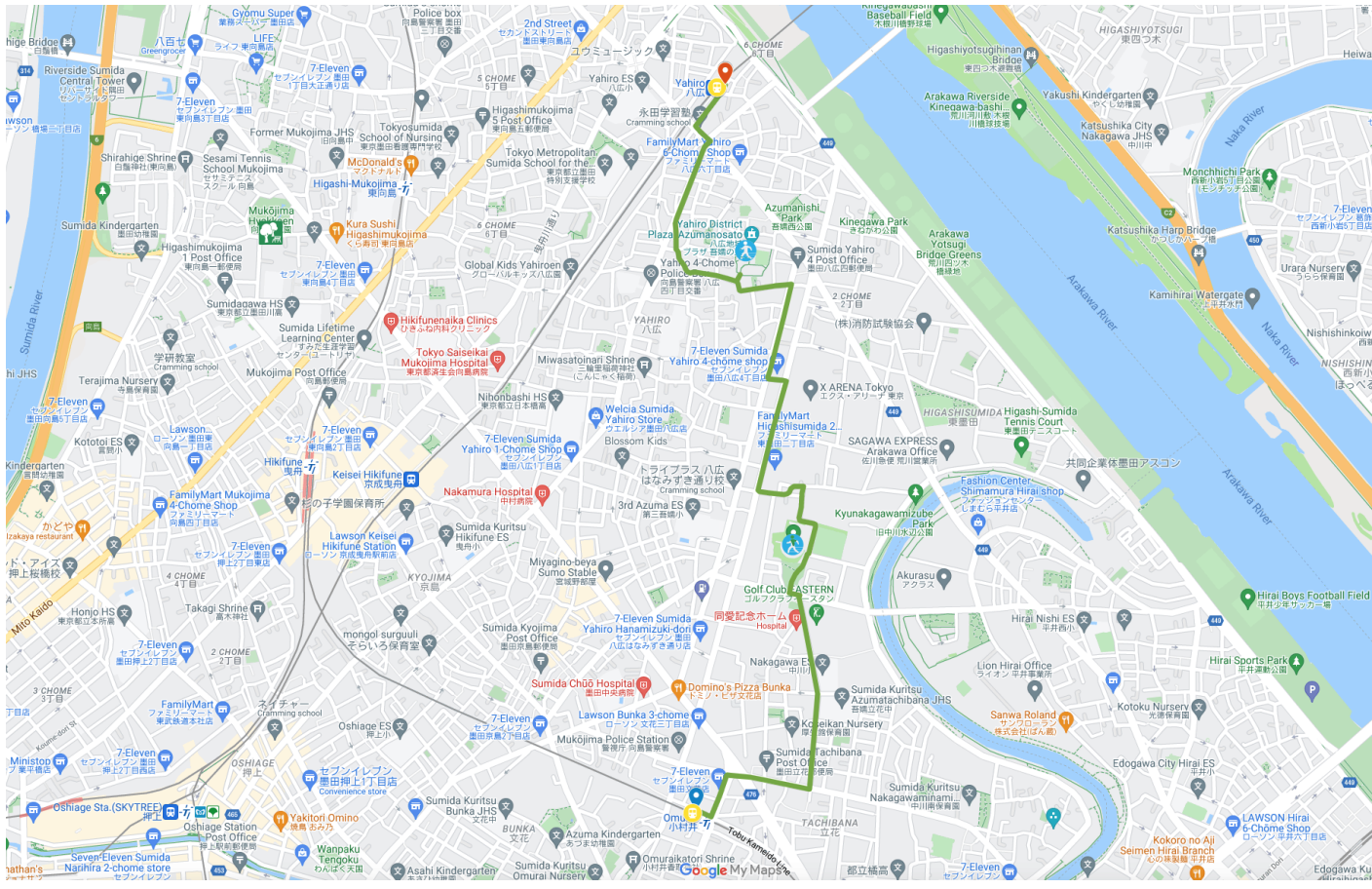




Healthy course where walking and sports can be enjoyed

Highlight | Sumida Sports and Health Center



Route Description

- 📍 Omurai Sta.
- ▼
- 🚶 Sumida Sports and Health Center
- ▼
- 🚶 Yahiro District Plaza, Azumanosato
- ▼
- 📍 Yahiro Sta.

Walk 10 more minutes!

Walking is an easy way to get exercise. Japan's national recommended guideline for walking is 8,000 steps a day, but still only around 50% of Tokyo residents over the age of 20, both men and women, walk 8,000 steps a day. Adding just 1,000 steps a day (approximately 10 minutes more) not only helps you get more exercise, but also prevents lifestyle diseases and helps relieve stress.

🕒 Time allowed	around 45 min.
📏 Distance	around 3.0 km
🔥 Calorie consumption	around 135 kcal
👣 Number of steps	around 4300 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

Sumida Sports and Health Center



There is an all-weather heated pool that can be enjoyed throughout the year without worrying about the weather. Sports classes that can be joined by both children and adults are also available. The waterslides and water pools are very popular with children.

Yahiro District Plaza, Azumanosato

This facility serves as a community center for the locals. The facility is equipped with sports equipment, multi-purpose exercise rooms, indoor playgrounds, multi-purpose halls, meeting rooms, cooking rooms and workshops.

- 🏯 Shrines and Temples
- 🌳 Park
- 🏠 Other