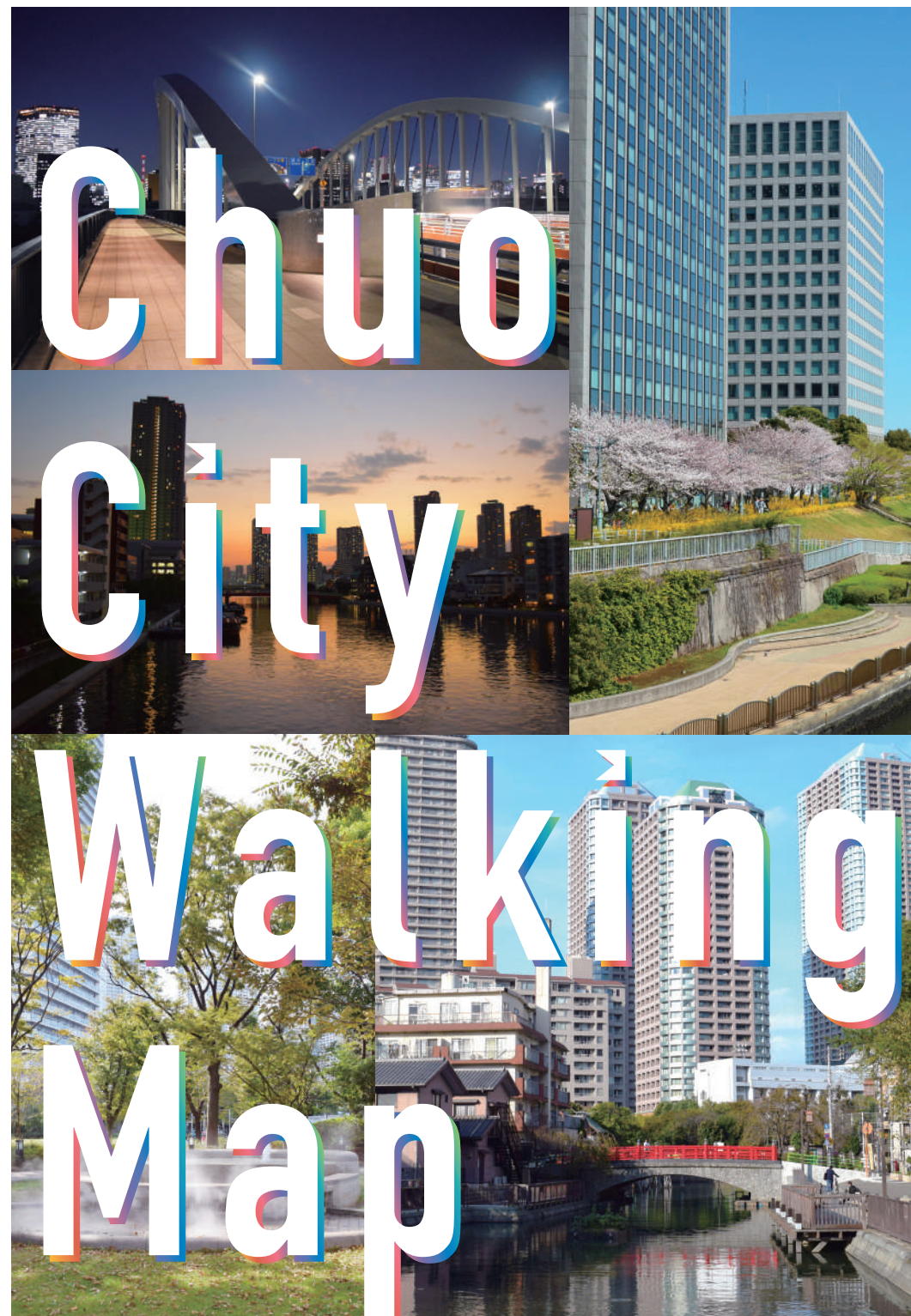




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12-1 Akashi-cho, Chuo-ku, Japan 104-0044
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Chuo City Walking Map

Chuo City Walking Map

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The Chuo City Walking Map is your guide to the charm of the ward as you can enjoy health by walking. This booklet lays out nine courses including not only new but historic and familiar spots—plus the off-the-map kinds of places that visitors tend to miss. It also introduces ways of combining walking and other health-building methods for even better effectiveness. Enjoy a fun walk taking in the sights of central Tokyo's Chuo City: this is a great way to make shaping up a lot more fun!

Walking spot



Cooperation: Kabukiza Inc

Column

- What Do I Need to Do to Lose 1kg of Body Fat? P4
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Authorization was obtained from the director of the Geographical Survey Institute to make this map and uses map values (geographical basic information) from both electronic geographical basic information for map information and place name information. (Authorization number Hei-30, No. 1204)

● Tokyo Central Wholesale Market
Toyou Market (fruit and vegetable building)

Before You Start Walking!

Act 1

What is "walking"?

"Walking" is a form of aerobic exercise which anyone can easily participate in during the course of their everyday life, simply by using their legs. However, it is important to keep the idea that "I am walking in order to exercise" at the forefront of your mind, rather than just walking without any particular sense of "purpose."

Act 2

The Effects of Walking

Prevents lifestyle diseases

Walking lowers blood sugar levels and blood pressure. It is also said to lower the risk of cancer, myocardial infarction and stroke.

Boosts cardiopulmonary function (the function of the heart and lungs)

Walking helps to maintain and improve your physical strength, including whole-body endurance (staying power) and muscle strength (physical power).

Prevents obesity

Walking can help reduce your abdominal girth and weight by increasing the amount of energy that you burn.

Alleviates stress

Walking gives you a change of pace and helps alleviate stress.

Act 3

Why "Interval Walking Training" Is Recommended?

"Interval walking training (IWT)" is a style of walking that provides you with even more effective exercise than regular walking. By repeatedly switching between "speed-walking to exercise the muscles" and "walking at a normal pace to rest the body," at three-minute intervals, you can boost your muscle strength and stamina without putting excessive strain on your body. The basic rule with IWT is to spend a total of at least 15 minutes per day speed-walking. However, if this is physically tough, it is fine if the speed-walking only continues for 1-2 minutes.

NB: "interval walking training (IWT)" is a registered trademark of Jukunen Taiikudaigaku Research Center.

The basic rule is to repeat the intervals until the walker has done speed-walking for a total of 15 minutes

How interval walking training works



Act 4

Boost the Numbers of Steps You Take in Your Everyday Life by Using the "Plus 10" Concept.

A goal of 8,000 steps per day has been proposed as a target for building a healthy body through walking. In terms of the amount of time spent, it's recommended to walk for a total of around 60 minutes a day (or 40 minutes in the case of elderly people). To boost the number of steps you take each day (amount of exercise) by even a small amount, why not get into the habit of increasing the amount of walking you do by 10 minutes (or 1,000 steps) a day?

something you can do as part of your daily routine

Plus 10
+10
Concept.

✓ "Plus 10" when walking to any destination



✓ Travel there by bicycle

✓ Get off the train one station earlier and then walk to your destination



✓ Use the stairs rather than elevators and escalators



✓ "Plus 10" at home

✓ Walk to a supermarket that is further away from home when going shopping



✓ When cleaning and doing housework, do it thoroughly and work at a brisk pace



If you have few opportunities for walking, walk at a faster pace and keep moving for 10 minutes longer.

✓ Cover larger areas when walking and walk faster

✓ Do "radio taiko"*

✓ Do stretching exercises while watching television

*the group exercises which are done to a radio accompaniment in the morning in many Japanese neighborhoods

column

What Do I Need to Do to Lose 1kg of Body Fat?

Here, the amount of exercise required to lose 1kg of body fat is as set out below.

1kg of body fat is made up of 800g fat and 200g water.

1g of fat represents 9kcal/g in terms of energy

In other words, 800g of fat multiplied by 9 (kcal/g) equals 7,200kcal.

This means that if you burn 7,200kcal in excess of the amount of energy you consume, you will burn 1kg of body fat.

You might think that it would be easier to reduce your weight by 1kg by just reducing the amount of food you eat; however, as eating less also tends to reduce levels of muscle and bone mass in your body as well as fat, this can make your body more prone to putting the weight back on later on.

This means it's important to do a combination of exercise and diet if you want to lose weight effectively.

Act 5

Choosing Your Walking Shoes

Wearing shoes that fit will reduce the strain on your feet. Wearing shoes that are easy to walk in on an everyday basis and keeping sneakers handy at the office means you can enjoy a little walking that fits into your free time here and there.

Choose soft shoes that can be adjusted with laces

Choose light shoes that let your feet breathe



Look for soles that have ample cushioning

Make sure there is enough room for your toes to spread your toes



Your shoes should bend flexibly at a point about 1/3 down the length of the shoe from the tip

The shoes should enclose and support the heel

Act 6

Clothes and Items for Walking

When selecting clothing and accessories, choose ones that are suitable for the season and time of day.

● **Hat**

Wear a hat that shades you from direct sunlight



● **Sunglasses**

Protect your eyes from ultraviolet (UV) rays



● **Shirt and underwear**

Choose quick-drying, absorbent items. Consider wearing several thin layers, as this makes it easier to adjust your body temperature



● **Overcoat**

A windbreaker or something similar that is lightweight and waterproof



● **Pants or bottoms**

Choose pants that allow you to move easily, such as jersey fabric pants or leggings



● **Socks**

Choose socks that absorb sweat well "Toe socks" (which cover each toe separately) are recommended as they let your toes move freely



Other items

Drink bottle (for replenishing fluids)

Choose a bottle which you can attach to your hip or hang round your neck, allowing quick and easy drinking

Pedometer

A pedometer lets you check your walking performance on the spot

"Fanny pack" (or "bum bag")/rucksack

Keeping all your items together in a fanny pack or rucksack lets you keep both hands free

An item made of reflective material (a key fob etc.)

Keep this on your body when walking in the evening or when the light is dim

Act 7

Warming-up and Cooling-down

It is believed that injuries and pain caused by physical activity and exercise are most likely to occur in parts of the body which are used the most frequently or the most vigorously. Do warming-up before you start walking and cooling-down after you have finished.

Effects of warming-up

- Helps to prevent injuries by increasing flexibility
- Reduces the strain that starting exercise can have on the heart and lungs

Effects of cooling down

- Helps your body to recover from fatigue by promoting circulation
- Reduces the strain on the heart which can be caused when you stop exercising suddenly

Key points for warming-up and cooling-down

- Do some light exercise for around 10 minutes
- Carry out each type of movement for 15-20 seconds each, without holding your breath

*It's important not to overdo it if you are sleep-deprived or unwell

Makes the body's movements smoother



Wrist and ankle rotations

Focus on rotating your wrists and ankles in directions which they do not normally move in



Shoulder rotations

Focus on rotating your shoulder blades back and forth



Squats

Plant both legs apart (slightly beyond shoulder width) and slowly bend your knees so that they spread outwards

Take care when squatting not to put strain or stress on your muscles



Shoulder stretches

Straighten your back and slowly stretch your arm across your body



Thigh stretches

Grasp your ankle and raise it as high as you can without causing pain



Upper body stretches

Stretch your upper body backwards as far as you can while remaining comfortable

Act 8

Optimal walking form

Walking is not good exercise unless your posture is correct. Bad posture can also result in lower back, knee, and/or ankle pain. Work in proper form, free of bad habits!

Pull in your chin and look ahead.

Keeping your elbows slightly bent, swing them in big movements.

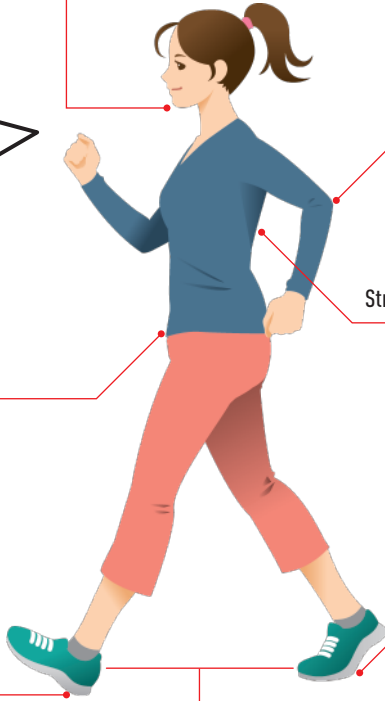
Stretch your back and push out your chest.

Pull in your stomach.

Kick the ground with the base of your big toe.

Land on your heels.

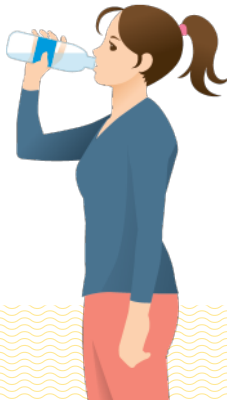
Walk with slightly long strides.



Act 9

Hydrating during walking

Your body temperature rises when you exercise, and the reason you perspire is to regulate body temperature. When your fluids, which are converted to perspiration, are insufficient, you are at risk of heat stroke. To prevent heat stroke and other problems, drink plenty of water.



Timing of hydration

Drink water or barley tea every 15-20 minutes before you start feeling thirsty, including before and after walking.

Types of beverages

Water and/or barley tea are preferable

Do not drink caffeine-containing diuretics such as coffee and black tea.

Let's start walking!



How to view walking course pages

Information provided on the walking courses includes distances and time required as well as fun facts about the route, places to see, and more.

Basic information

Figures noted are targets for total distance, time, number of paces, and calorie burning. Time (speed of 4 km), number of steps (70 cm), calorie burning (30 kcal/10 minutes for weight of 60 kg) are calculated.

Course attributes

This depicts the atmosphere and characteristics of the route as a whole

Course Spot

These spots are currently popular or well-known, or are appropriate as rest areas.

Information on distances between spots

Starting point→Spots along the way
→Shows distance to final destination between spots as well as time required.

Course Point

Hard-to-understand spots along the route are notated with photos and explanations.

Quiz Spot

Take a quiz about this spot! See p34 for the questions.

Photo spot

Ideal spots for photo-taking/SNS

Legend	
Park	Restrooms
Cherry blossom viewing spot	Full access restrooms
Fitness Equipment	Police station/substation/police box
Facilities equipped with AEDs	Fire station/substation
	Ward office/Community center
	School
	Library
	Museums/art museums
	Shrine
	Buddhist temple
	Historic spots
	Emergency clinic
	Post office

column

Equation used to calculate calorie burning

*METS=This index quantifies how many times greater calorie burning is during physical activity compared to the resting state.

● **For walking**
 $3 \text{ (METS)} \times \text{time exercising (h)} \times \text{weight (kg)} = \text{calorie burning (kcal)}$
 * 3 METS=Regular walking (speed per minute = 67 m)

One criterion of ideal exercise levels is calorie burning. This criterion fluctuates depending on body weight, even for the same amount of time spent exercising.

● **For jogging**
 $7 \text{ (METS)} \times \text{time exercising (h)} \times \text{weight (kg)} = \text{calorie burning (kcal)}$
 * 7 METS= Regular jogging pace (speed per minute = 116 m)

Course 1 Ginza/Tsukiji

KYOBASHI
 Distance: about 3.0 km/ Time: about 45 min.
 Steps: about 4,300/Calorie burning: about 135 kcal

A Central Area Bringing Together People and Topics

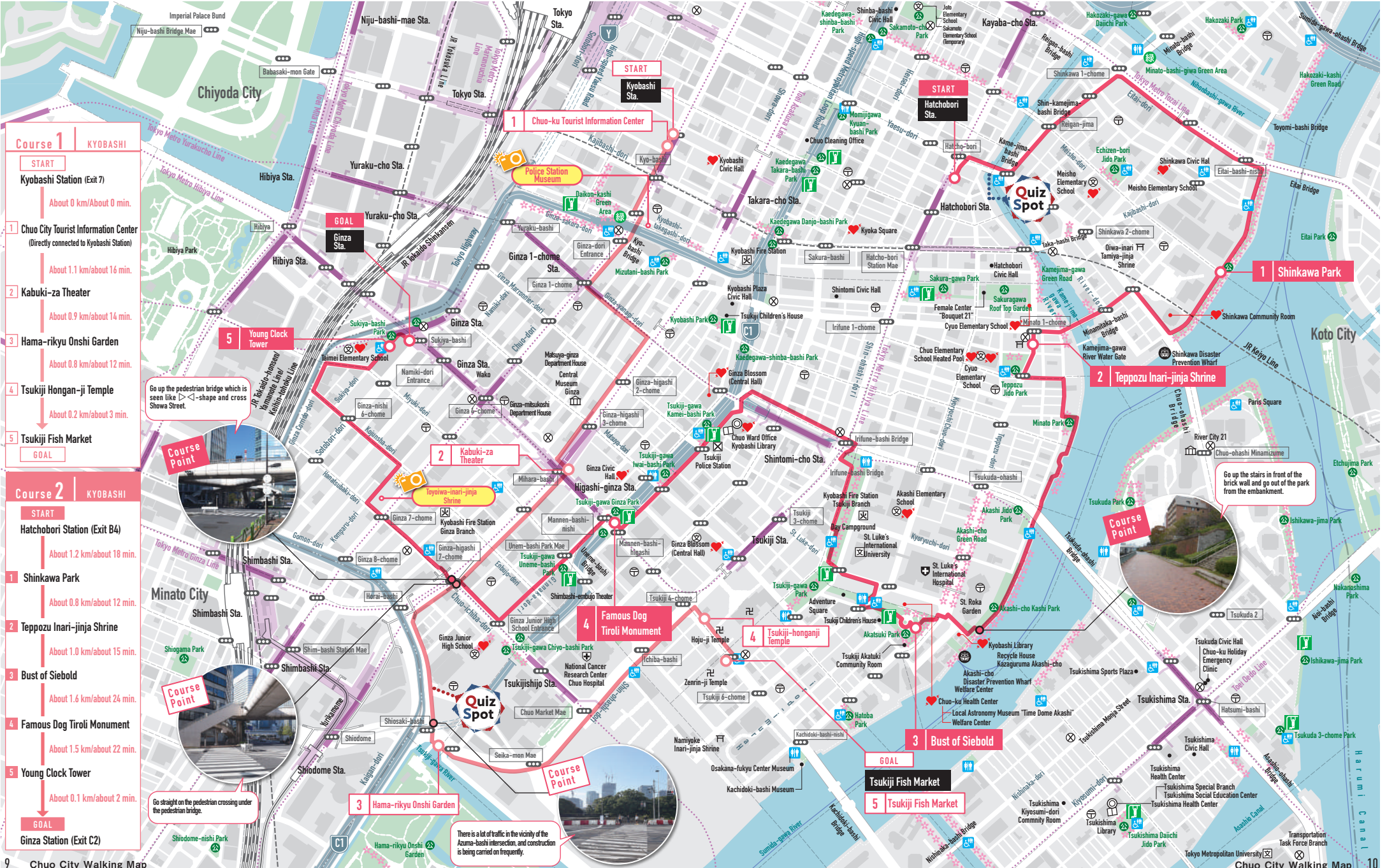
- Western-style Town
- Lively Town
- History and Historic Town
- Family Recommended

Course 2 Ginza/Shinkawa/Shintomi

KYOBASHI
 Distance: about 6.2 km/Time: about 1 hour 33minutes
 Steps: about 8,900/Calorie burning: about 279 kcal

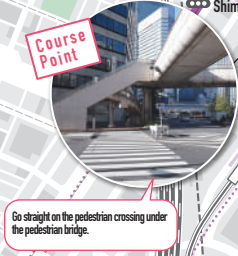
Tour Local Monuments

- Park and Nature Town
- Lively Town
- History and Historic Town



- Course 1 KYOBASHI**
- START**
Kyobashi Station (Exit 7)
About 0 km/About 0 min.
 - 1** Chuo City Tourist Information Center (Directly connected to Kyobashi Station)
About 1.1 km/about 16 min.
 - 2** Kabuki-za Theater
About 0.9 km/about 14 min.
 - 3** Hama-rikyu Onshi Garden
About 0.8 km/about 12 min.
 - 4** Tsukiji Hongan-ji Temple
About 0.2 km/about 3 min.
 - 5** Tsukiji Fish Market
GOAL

- Course 2 KYOBASHI**
- START**
Hatchobori Station (Exit B4)
About 1.2 km/about 18 min.
 - 1** Shinkawa Park
About 0.8 km/about 12 min.
 - 2** Teppozu Inari-jinja Shrine
About 1.0 km/about 15 min.
 - 3** Bust of Siebold
About 1.6 km/about 24 min.
 - 4** Famous Dog Tiroli Monument
About 1.5 km/about 22 min.
 - 5** Young Clock Tower
About 0.1 km/about 2 min.
 - GOAL**
Ginza Station (Exit C2)



Course 1
Ginza/Tsukiji
KYOBASHI

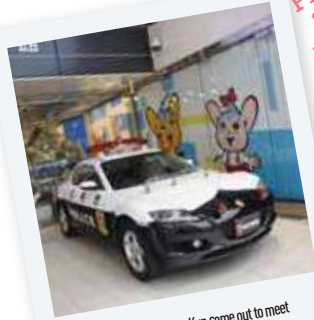
A Central Area Bringing Together
People and Topics

Course 2
Ginza/Shinkawa/Shintomi
KYOBASHI

Tour Local Monuments

#Police Museum >

Photo spot 



A patrol car and Pipo Kun come out to meet and greet!

1
Chuo City Tourist Information Center

The Chuo City Tourist Information Center is located at Kyobashi Edogrand B1F. The first floor also has a rest area and PR space.



2
Kabuki-za Theater



Kobiki-cho prospered during the Edo Period as a theater district. The Kabuki-za was established here more than 100 years ago, and the theater continues to bring the traditional art of kabuki to the world.



Hama-rikyu Onshi Gardens

3 These Japanese gardens help preserve the vestiges of the traditional atmosphere of the Edo Period. Take in the tidal seawater ponds as well as a black pine said to be 300 years old.

Tsukiji Fish Market
5



The lively food shopping area of Tsukiji market offers seafood, fruit, and other items. The area bustles with customers as of 9 a.m.



Tsukiji Hongan-ji

4 The building exterior features a pattern of ancient Buddhist architecture. The main hall (hondo), stone wall, and triple-gate gateposts are important cultural assets.

Shinkawa Park
1



This park is located on the upper part of a super embankment. Enjoy flower-viewing in springtime as you walk along the cherry blossom-lined banks of the Sumida River.



2
Teppozu Inari-jinja Shrine

This shrine houses local deities of the Kyobashi area, depicted in Utagawa Hiroshige's "100 Famous Views of Edo."

Photo spot 

#Toyoiwainari-jinja Shrine >



This back-alley Ginza Road power spot has a mysterious other-worldly atmosphere.

Bust of Philipp Franz Balthasar von
3

Philipp Franz Balthasar von Siebold arrived in Japan as a doctor in 1823, as of which time he played a part in the development of Edo period Dutch studies. The bust is a symbol of friendly Japanese-Dutch relations.



4
Young Clock Tower



Chirori the Therapy Dog Memorial

4 Chirori, who became a therapy dog after being saved from euthanasia, supported countless elderly and people with disabilities.



This sculpture by artist Okamoto Taro was built shortly before "The Tower of the Sun." It is beautifully lit up at night.

Course 3 Ningo-cho/Kodenma-cho

Distance: about 3.0 km/ Time: about 44 min.
Steps: about 4,300/Calorie burning: about 132 kcal

Searching for the Vestiges and Nostalgic Atmosphere of Edo

- Japanese-style Town
- Family Recommended
- History and Historic Town

Course 4 Nihom-bashi Bridge Re-creating History along the Riverside

Distance: about 6.2 km/Time: about 1 hour 33 minutes
Steps: about 8,900/Calorie burning: about 279 kcal

- Japanese-style Town
- Waterfront Area
- Western-style Town
- History and Historic Town



- Course 3** NIHONBASHI
- START**
Hama-cho Park
About 1.0 km/About 15 min.
- 1 Suiten-gu Shrine
About 0.2 km/About 3 min.
 - 2 Ningo-cho Karakuri-yagura Tower
About 0.8 km/About 12 min.
 - 3 Jisshi Park
About 0.8 km/About 12 min.
 - 4 Yakuso-jinja Shrine
About 0.1 km/About 1 min.
 - 5 Fukutoku-jinja Shrine
About 0.1 km/About 1 min.
- GOAL**
Mitsukoshi-mae Station (Exit 6)

- Course 4** NIHONBASHI
- START**
Higashi-nihom-bashi Station (Exit B3)
About 0.4 km/About 6 min.
- 1 Kanda-gawa River Boat House
About 0.8 km/About 12 min.
 - 2 Shin-ohashi Bridge
About 0.4 km/About 6 min.
 - 3 Kiyosu-bashi Bridge
About 2.2 km/About 33 min.
 - 4 Kabuto-jinja Shrine
About 2.0 km/About 30 min.
 - 5 Jan Joosten van Lodensteijn Memorial
About 0.4 km/About 6 min.
- GOAL**
Nihombashi Station (Exit B8)



Turn right before COREDDO Muromachi 2 and enter the cobblestone road.



Turn left at the first traffic light after the Metropolitan Expressway (before the post office).



Turn right and cross the pedestrian crossing at Ryogokubashi West Crossing and go to Sumida-gawa River Terrace.



Cross the Edbashi-mimanzime footbridge and cross Showa-dori.

Course 3 Ningyo-cho/Kodenma-cho
NIHONBASHI

Searching for the Vestiges and Nostalgic Atmosphere of Edo.



1 Suitengu Shrine

This Ningyo-cho commercial street landmark is a fun reminder of the special atmosphere of Edo for the people of today. There are two towers on either side of the road.



2 Ningyo-cho Karakuri-yagura Tower



3 Jisshi Park

People visit this shrine to pray for children as well as for safe births. The main shrine building has been rebuilt in recent years, rendering the grounds earthquake-proof.

3 There was once a prison on this spot. The Ishimachi Bell Tower was also moved here.



4 Yakuso-jinja Shrine

4 The Nihonbashi-honcho neighborhood, known as the "medicine town," is home to numerous pharmaceutical companies. The local shrines honor the gods of medicine as well.



Photo spot



A Japanese atmosphere surrounded by buildings



5 Fukutoku-jinja Shrine

This shrine, which has been located here for more than a thousand years, is associated with many shoguns as well as the House of Tokugawa. This particular location has even held traditional lotteries!

Course 4 NIHONBASHI
NIHONBASHI

Re-creating History along the Riverside



1 Kanda-gawa River Boat House

1 Tokyo was once of the world's few water transport cities. Even today, one can see houseboats along the Sumida River and Tokyo Port.



2 Shin-ohashi Bridge

2 The orange main tower and white cable make for a simple design for this cable-stayed bridge, creating a light-and-bright impression for the viewer.



3 Kiyosu-bashi Bridge

3 This elegant suspension bridge was modeled after a bridge in Cologne, Germany.
*Bridge life extension construction through the end of March 2020



4 Kabuto-jinja Shrine

4 This deity enshrined here is the god of commerce. Though this is a small shrine, it is said to be the "protector of (financial) securities."

5 Jan Joosten van Lodensteijn Memorial

5 The name of the Dutch translator who lived here became "Yayosu" in Japanese, which in turn became the place-name "Yaesu."



This lion statue has been witness to the changes occurring in the Nihon-bashi area.



Photo spot

#Nihon-bashi Bridge

Course 5
TSUKISHIMA

The Water City of
Now and the Past

Distance: about 2.8 km/about 42 min.
Steps: about 4,000/Calorie burning: about 126 kcal

- Japanese-style town
- Waterfront Town
- Park, Town of Nature

Course 5	START	TSUKISHIMA
	TSUKISHIMA Station (Exit 6)	
1	About 0.2 km/about 3 min.	1 Tsukuda-kobashi Bridge
2	About 0.2 km/about 3 min.	2 Sumiyoshi-jinja Shrine
3	About 0.2 km/about 3 min.	3 Tsukuda Park
4	About 0.8 km/about 12 min.	4 Ishikawa-jima Park
5	About 1.2 km/about 18 min.	5 Tsukishima Monja Street
	About 0.2 km/about 3 min.	GOAL Tsukishima Station (Exit 2)

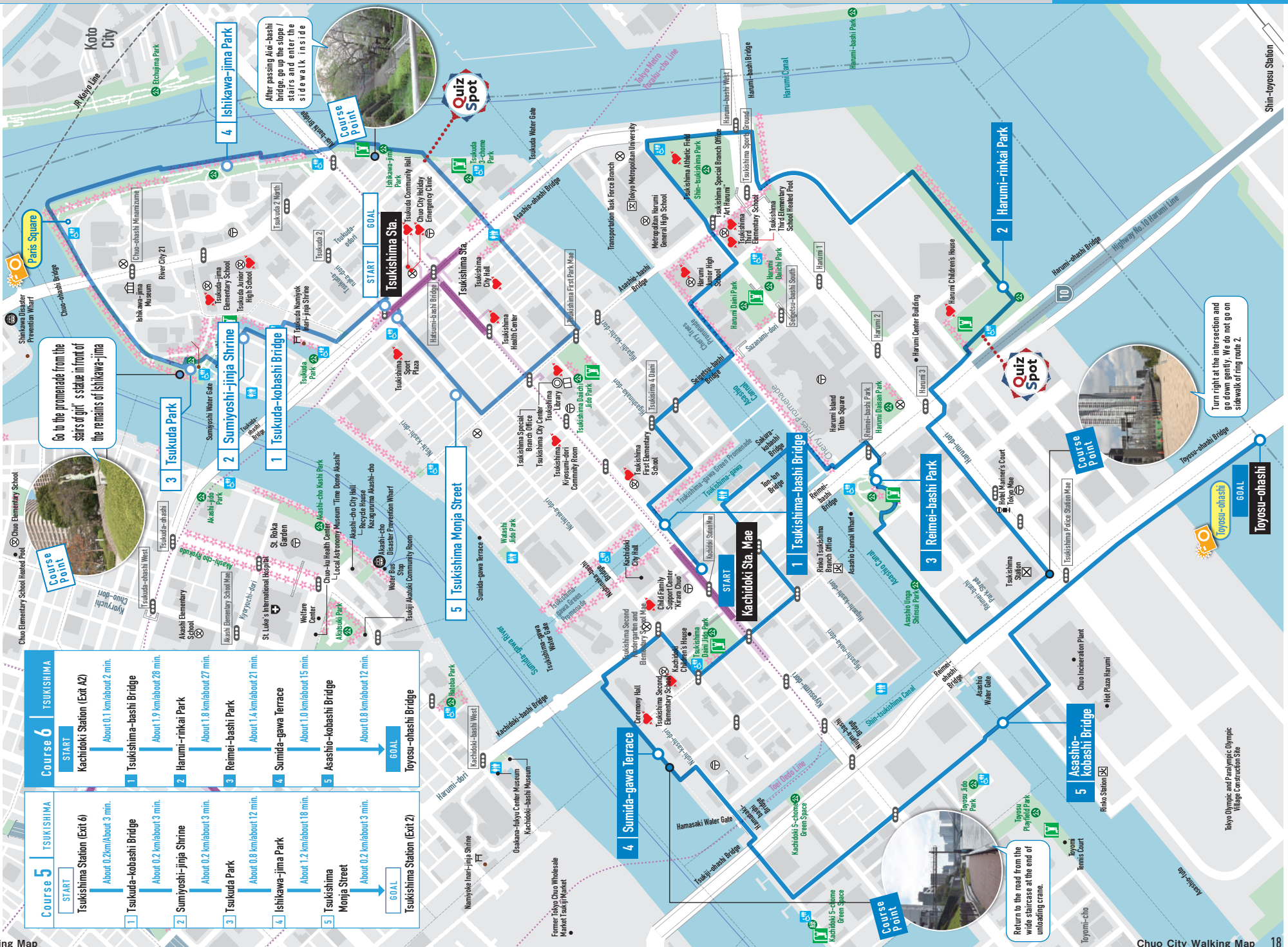
Course 6	START	TSUKISHIMA
	Kachidoki Station (Exit A2)	
1	About 0.1 km/about 2 min.	1 Tsukishima-bashi Bridge
2	About 1.9 km/about 28 min.	2 Harumi-rinkai Park
3	About 1.8 km/about 27 min.	3 Reimei-bashi Park
4	About 1.4 km/about 21 min.	4 Sumida-gawa Terrace
5	About 1.0 km/about 15 min.	5 Asashio-kobashi Bridge
	About 0.8 km/about 12 min.	GOAL Toyosu-ohashi Bridge

Course 6
TSUKISHIMA

Kachidoki/Harumi
Looking at the Town from Canal Bridge

Distance: about 7.0 km/Time: about 1 hour 45 minutes
Steps: about 10,000/Calorie burning: about 315 kcal

- Waterfront Town
- Park, Town of Nature
- Redevelopment Town



Course 5 Tsukuda/Tsukishima
TSUKISHIMA

The Water City of Now and the Past

1 Tsukuda-kobashi Bridge



The brilliant vermilion Tsukudakobashi Bridge bridge-rails contrast with the River City high-rise buildings. This is a blend of the old nostalgic style and modern city life.

3 Tsukuda Park



The park is in reality a super embankment. It features the Ishikawajima Lighthouse monument and Japanese-style square.



4 Ishikawajima Park

The cutting edge of the Tsukijima area, this park is long and narrow with rolling hills and grass.



Sumiyoshi Shrine

2 Since the Edo Period, the local god of the Tsukishima area has been worshipped here as the protector of maritime and ferry safety.

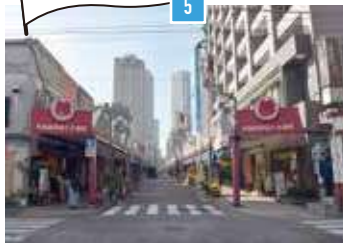
#Paris Square >

Photo spot



Enjoy a moment with this European-style scenery

Tsukishima Monja Street



This popular spot is lined with shops offering the premier food of the traditional central Tokyo districts: monja-yaki savory pancake.

Course 6 Kachidoki/Harumi
TSUKISHIMA

Take in a view of the town from the canal bridge

1 Tsukishima Bridge



Many houseboats and fishing boats can be seen from Tsukishima Bridge. The wonderful salty-air aroma wafts from the canals.



Harumi-rinkai Park

2 The straight pedestrian brick walkway contrasts with the green grass--putting visitors in a happy mood!

Reimei-bashi Park



This is an ideal spot to take a moment and rejuvenate in the middle of the Harumi area. Complete with health equipment and a square, it's perfect for light exercise.



Sumida-gawa Terrace

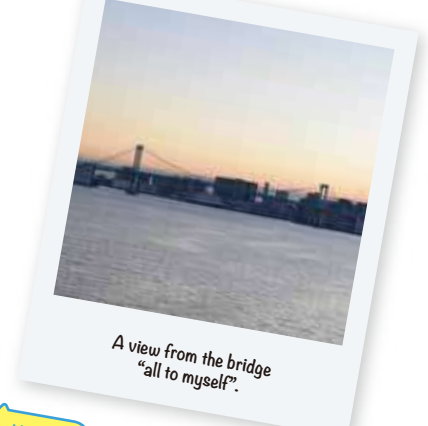
From the Sumida Terrace, take in a view of the history of Tsukij including the old Tsukiji Fish Market and the newly-opened Tsukiji Ohashi Bridge.

Photo spot



Asashio-kobashi Bridge

This pedestrian bridge links the Kachidoki and Harumi areas. Take a rest on the benches on both sides of the bridge.



A view from the bridge "all to myself".

#Toyosu-ohashi Bridge >

Course 7
EVENING

Nihon-bashi River/Sumida-gawa River

Distance: about 4.3 km/Time: 1 hour and 4 minutes
Steps: about 6,100/Calorie burning: about 192 kcales

- Area of European-style Architecture
- Waterfront Area
- Park/Townscape Surrounded by Nature

A contest of light and bridges



This new pedestrian bridge links Kanda and Otemachi. The small plaza offers a view of the bridge and train line running parallel to each other as well as a group of office buildings.



This double-arch stone bridge was built more than 100 years ago. The decorations feature a mix of Asian and European elements.



This imposing steel design is a symbol of the Great East Japan Earthquake.
* Due to construction, light displays are currently on hold through the end of March 2020.

Photo spot

Witness the magical sight of the lights of the Sumida-gawa-ohashi Bridge reflected in the water.

#Hakozaki Riverside Green Road



This is the partially relocated former Ryogoku-bashi Bridge, the capital's oldest steel truss bridge. It is a Japan Society of Civil Engineers Public Works Heritage Site.



Course 7 EVENING	
START	
1 Ryukan Sakura-bashi Bridge	About 1.0 km/about 15 min.
2 Nihon-bashi Bridge	About 2.0 km/about 30 min.
3 Eitai-bashi Bridge	About 0.8 km/about 12 min.
4 Minamitaka-hashi Bridge	About 0.5 km/about 7 min.
Hatchobori Station (Exit B4)	GOAL

Course 8 Tsukiji/Tsukishima/Harumi
 EVENING

Distance: Approximately 5.0 km Time required: 1 hour and 15 minutes
 Steps: Approximately 7,100 Calories burned: About 225 calories

- Park/natural environment
- Waterfront area

Scenes of Sumida River and Canals



The two ends of the bridge are arches, while the center was built as a drawbridge opening upward in the center (though it currently does not open)



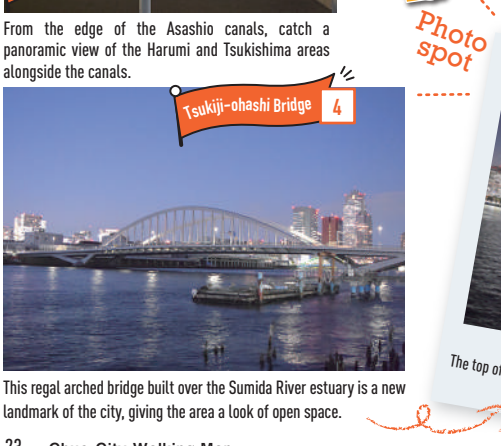
From the edge of the Asashio canals, catch a panoramic view of the Harumi and Tsukishima areas alongside the canals.



This regal arched bridge built over the Sumida River estuary is a new landmark of the city, giving the area a look of open space.



The canals and the surrounding area comprise a unique center for the city's "canal renaissance," creating new appeal for waterfront areas and bringing people together here



The top of the bridge is a newest night-view spot!



Course 8		EVENING	
START	Tsukiji Station(Exit 1)	↓	About 0.6 km/about 9 min.
1	Kachidoki-bashi Bridge	↓	About 1.8 km/about 27 min.
2	Asashio-ohashi Bridge	↓	About 1.2 km/about 18 min.
3	Asashio Canal	↓	About 1.4 km/about 21 min.
4	Tsukiji-ohashi Bridge	↓	GOAL

Course 9 Tsukuda/Minato/Tsukishima

WALK & JOG
 Distance: Approximately 5.0 km
 Time required: Approximately 1 hour and 15 minutes
 Steps: Approximately 7,100 Calories burned: About 225

A full experience of the **riverside** and **green roads**

Chuo-ohashi Bridge 1



The main tower is built in the shape of a medieval helmet-top. The north side walkway is decorated with the "Messenger" statue, a gift from the city of Paris.

- Waterfront town area
- History and historic town areas
- Re-developed areas



Kamejima River Green Path 2

Enjoy the flowers and plants of the four seasons as you walk along the water promenade. Also take in a view of the high-rise buildings of the Minami Taka Bridge and Tsukuda.



Akashi-cho Green Path 3

The wide pedestrian walkway in front of St. Luke's garden has a small waterway that draws many visitors for its cherry blossoms in springtime.

#Hatoba Park > Photo spot

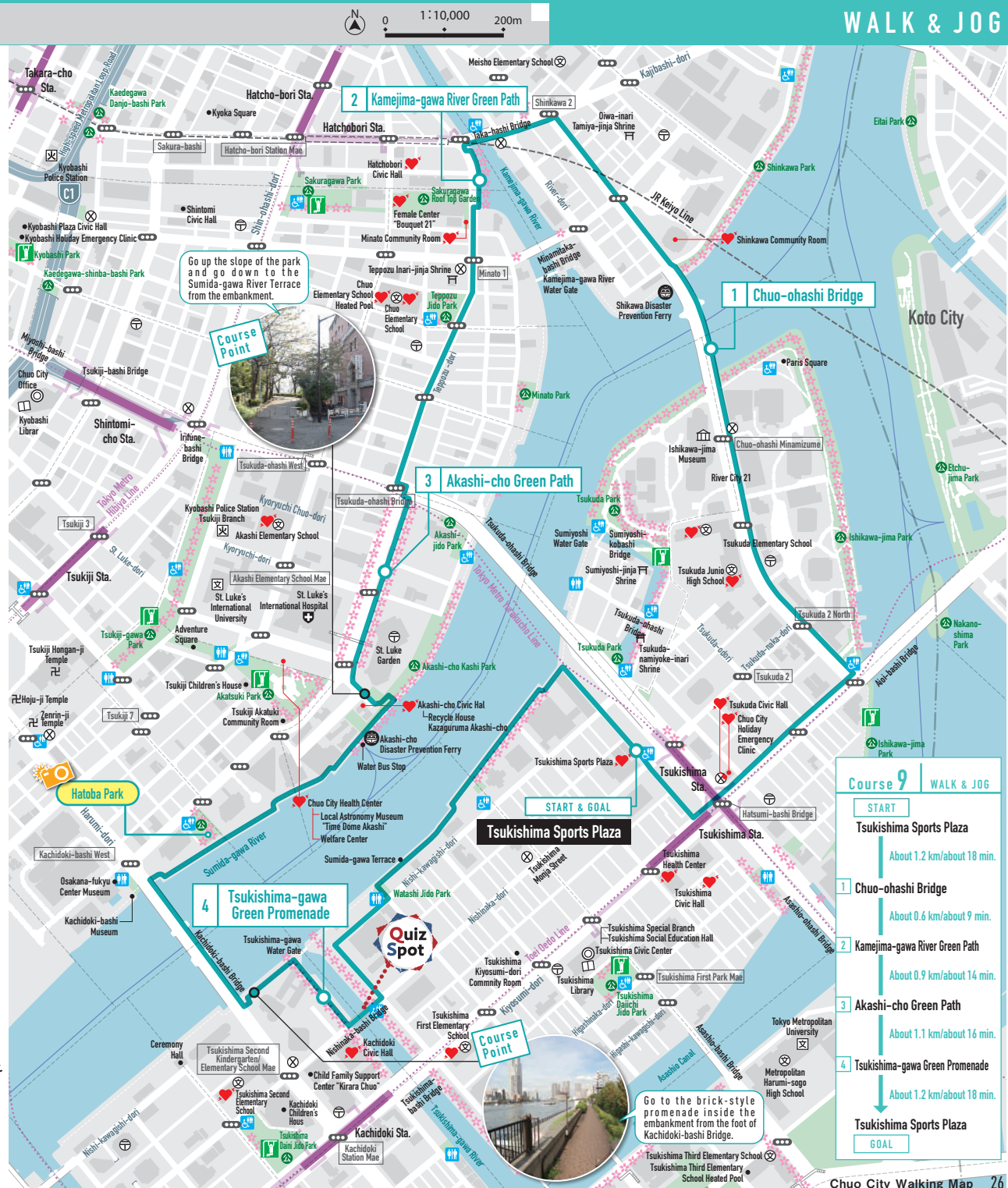


A sparking-sphere "water scene"



Tsukishima Pedestrian Green Walkway 4

Encounter a range of plants and trees along the way, including the Yoshino cherry.



Walking and Getting Healthy

Act 1

Building a Better Body through Walking Plus Muscle Training

Walking is a form of aerobic exercise which burns carbohydrates and fat. By combining walking with muscle training (a form of anaerobic exercise which boosts the basal metabolic rate and increases muscle mass), you can help to build a healthier body.

【 Advantages of muscle training 】

Boosts the basal metabolic rate

Boosting the basal metabolic rate helps create a body that is less likely to become overweight and loses weight more easily

*Basal metabolic rate = the amount of energy that is burned when your body is at rest

Promotes the secretion of growth hormone

Increasing the secretion of growth hormone will invigorate your metabolism, prevent skin break-outs and keep your skin firm and supple

Reduces body fat

Helps build a body that can burn fat more easily

【 Advantages of muscle training (slow training) 】

Slow training is one type of muscle training method. It is ideal for elderly people and those who are new to exercise, as it allows you to train your muscles effectively yet without putting too much strain on the body.

Boosts muscle strength without putting too much strain on the body

- You can increase muscle strength effectively but without putting too much strain on the body
- You can enjoy the effects of muscle training while applying a level of stress that is only about half of the maximum level

Low risk of injury

- As little strain is put on the tendons and joints, there is relatively little risk of injury

Key points to remember when doing muscle training (slow training)

Take enough time when making each move

- Move slowly, to avoid forcing the body or creating reactions
- When raising body parts up and down, take 3-5 seconds to go up and another 3-5 seconds to go down

Avoid "locking out"

- When lifting, be careful not to "lock out" your knees (i.e., make sure that you can fully stretch and bend your joints as you are

Overdoing your training can cause pain in the muscles. When doing slow training, aim to start off with about three sessions a week, each session consisting of around three sets with a 30-second break between each set.

[Main effects]

Strengthens the muscle power that supports your legs and the muscle power that helps your hip joints to bend

Slow squats



Plant your legs apart at around shoulder-width

Stretch your arms out straight and lightly clench your fists

For one set, perform this move 10 times



Breathe in through your nose, and then go down into the squat while breathing out through your nose

Extended cat pose

[Main effects]

- Prevents contortion of the pelvis
- Prevents urinary incontinence



Get down on all fours, planting your legs apart at about shoulder width

Move both legs to make a single set

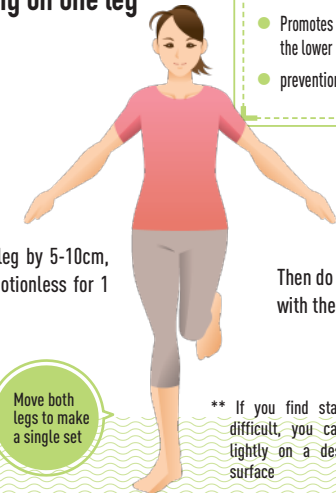


Slowly move one leg up and down 5 times, then do the same with the other leg

Standing on one leg

[Main effects]

- Promotes blood circulation from the lower body to the heart
- Prevention of swelling



Raise one leg by 5-10cm, and stay motionless for 1 minute

Then do the same with the other leg

Move both legs to make a single set

** If you find standing on one leg difficult, you can rest your hand lightly on a desk or some other surface

Act 2

Building a Better Body through Walking Plus Stretching Exercises

Stretches are flexibility exercises which help to make your muscles and joints more flexible. Although they are a light exercise, they can prevent contortion of the body and boost muscle strength, among other effects. They are also believed to be particularly good for promoting relaxation.

【 Advantages of stretches 】

- Makes the body more flexible**
Makes the muscles more supple
- Improves the blood circulation**
Stretches help to improve the blood circulation, and improve stiffness in the hands and legs,
- Relaxes the heart**
Helps to create a change of pace and alleviate stress
- Reduces the risk of the body becoming contorted**
Stretches reduce the risk of the body becoming contorted and prevent lower back pain and frozen shoulder, by helping to maintain the balance of the muscles that support the body
- Helps the body recover from fatigue**
Stretches help the body recover from fatigue, by encouraging the circulation of fresh oxygen and nutrients around the body and the removal of waste products

Key points when doing stretches

Stretches are a relatively safe form of exercise because they put little strain on the body and involve small movements; however, they will not have all the anticipated effects on the body unless they are performed in the right way.



Five key points

- Take at least 20 seconds to stretch each body part
- Be conscious of the part you are stretching when performing the exercise
- Stretch only as far as you can while remaining comfortable and free from any pain
- Do not hold your breath
- Choose the right body parts to stretch



[Main effects]

- Boosts flexibility
- Prevents contortion of the pelvis

Hip joint stretch

Place the soles of both feet together and open up the pelvis, gently stretching both legs downwards



[Main effects]

Strengthens the abdominal muscles, the main muscles that are worked during this move

Crunch

Curving your back, lift up your head and shoulders while pulling your abdomen inwards



Hamstring stretch

Lying with your leg outstretched, loop a towel around your foot, grasp the ends with both hands, and slowly pull your upper body forwards

[Main effects]

- Guards against wear and tear on the cartilage
- Boosts the muscle strength of the upper body



Knee extension

Slowly stretch out your lower leg, hold it in an extended position for 3 seconds, then place your foot back on the floor
Once you have had some practice, you can use a soft resistance band to make the exercise more strenuous



Lower back stretch

Sit on a chair, and let your upper body fall forwards
Then, raise both arms in the air and press your upper body backwards against the chair back

[Main effects]

- Guards against wear and tear on the cartilage
- Boosts the muscle strength of the upper body



Knee bend

Slowly bring your upper leg upwards, hold your leg in an extended position for 3 seconds, then place your foot back on the floor
Once you have had some practice, you can use a soft resistance band to make the exercise more strenuous

Act 3

Build your body through walking and your diet

To build a healthy body, it is important to have a balanced diet. Also having a good intake of calcium and protein and other nutrients is necessary for healthy bones and muscles, in addition to exercise.

What is a balanced diet?

Staple food + Main dish + Side dish

A meal that balances the 3 main nutrient groups (protein, fats, and carbohydrates) will also provide the appropriate vitamins and minerals. Being aware of the combination of staple food, main dish, and side dish when preparing or choosing a meal, it will be balanced in both nutrients and appearance.

Meals with good Staple food + Main dish + Side dish

Vegetables, mushrooms, potatoes, seaweed dishes

These help to metabolize and adjust sugars and proteins and are rich in vitamins and minerals.

The daily intake of vegetables should be over 350g. This is about 5 small bowls (about 70g) a day.



Side dish



Main dish

Fish, meat, eggs or soy bean dishes

Rich in fats and protein, these are the raw materials to build muscles.

1 piece per day

Milk, Milk products, fruit

Milk, Milk products

There are a good source of calcium

Fruit



Rice, Bread or Noodles

Rich in carbohydrates, these provide the energy to move your body.

These are a good source of vitamin C and calcium

column

Meal time (Rhythm)

Eat 3 times a day, and be aware of eating late at night.

It is important to have 3 meals a day (morning, noon, and evening). Having irregular meals, such as missing breakfast, is linked to obesity or accumulating visceral fat. Also, regularly eating late at night increases blood sugar or neutral fats and is a cause of metabolic syndrome.

Did you know?

Chuo City Food education vegetable characters



Tomato-San
3



Piman-Go
5



Ninjin-Maru
0

The Chuo City Food education vegetable characters call for the importance of eating over 350g of vegetables per day and support the health of the citizens.

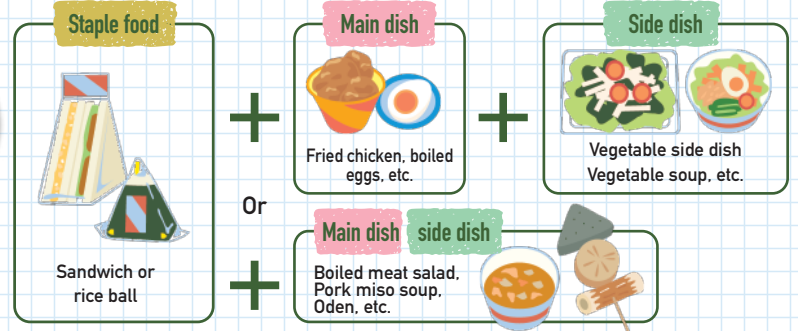
Add a little to your regular meals

How to choose a snack

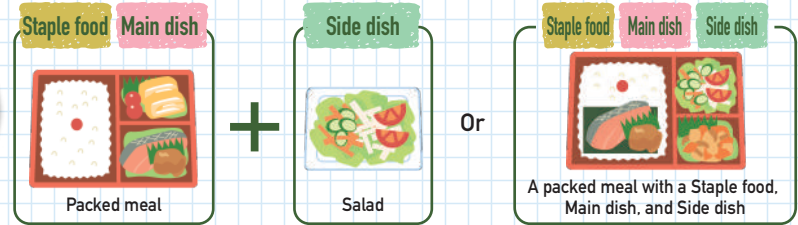
Snacks* are a way to "add a little" to your regular meals and reinforce balanced nutrition.

*Snacks are commercially prepared meals and are prepared outside the home such as side dishes or packed meals bought at deli's, convenience stores or supermarkets, or a take-out delivery service.

For single items

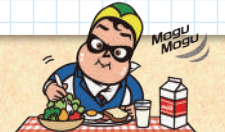


For a packed meal



Utilize the nutritional information well

The nutritional information printed on the packaging of processed food or packed meals allows you to see at a glance the type and amount of nutrients in the food. This is an important source of information for building a healthy body.



Tokyo health promotion character Kenko Desuka Man

Example of a packed meal nutritional information sheet

Nutritional information sheet	
Per meal (400g)	
Energy	650kcal
Protein	22.5g
Fat	22.0g
Carbohydrates	90.5 g
Salt	2.6 g

check 1

Energy values prevent obesity or excess slimming

Your required daily energy intake varies depending on your age and activity level.

check 2

Protein, fat and carbohydrate values Use nutritional energy values to prevent lifestyle related diseases

For 650kcal of energy, the daily amount of protein, fat and carbohydrates are calculated as follows.

Energy (kcal) × Percentage of energy from each nutrient (%) ÷ energy per gram of nutrient (kcal)
 Protein: 650×(13 to 20%)÷4=21 to 32g
 Fat: 650×(20 to 30%)÷9=14 to 21g
 Carbohydrate: 650×(50 to 65%)÷4=81 to 105g

check 3

The value of your daily salt intake prevents high blood pressure.

The recommended daily intake of salt is up to 8g for men and 7g for women.

*from Dietary Reference Intakes for Japanese (2015)

Chuo-City homepage
The "Shokuiku Guide"
has simple recommended recipes.



Walking + Health spots

By adding other exercise to walking, you can effectively improve your health and stamina. Try out the sports facilities in the Ward such as the swimming pool or gym equipment. Also, some parks have training equipment that anyone can use.

Sports facilities

General sports center

[Location] : Chuo City, Nihon-bashi, Hama-cho 2-59-1
(Hama-cho park grounds)
[TEL] : 03-3666-1501
[Opening times] : 9:00 - 21:30 (The training room, pool, golf area and car park are open from 7:00)
[Holidays] : Every 3rd Monday (the following day if a national holiday), New Year's holidays (Dec. 28th - Jan. 4th)

▶ Facility outline

There are a training room and heated pool, as track and field ground with a 150m long running track.



Tsukishima Sports plaza

[Location] : Chuo City Tsukishima 1-9-2
[TEL] : 03-3534-5883
[Opening times] : 9:00 - 21:30 (The pool is from 7:00)
[Holidays] : New Year's holidays (Dec. 28th - Jan. 4th), Special holidays (for maintenance, etc.)
[Fees] : Contact for details

▶ Facility outline

Heated pool (Six 25m lanes, Oval child's pool) and a martial arts hall (for group use only)



Park area health

How to use the main health equipment

Healthy little road

Take off your shoes and walk over the stony path to stimulate the pressure points on your feet.



Hanging bar

Hold onto the overhead bar and just hang or hold your legs out.



Back stretching bench

Push your hips back then bend your upper body back to stretch your back muscles.



Torso twist

Hold the rail to support yourself and twist slowly left and right.



As well as the above, other health equipment includes the sit-up bench and twist board.

Notice

Use the equipment at your own pace
Wear comfortable, easy to move in clothing.
Remember to warm-up and cool-down.
Rehydrate and be aware of heat stroke

Contact

Environmental engineering department, Water and greenery section

〒104-8404 Chuo City Tsukijii 1-1-1
TEL 03-3546-5435 (Park and Rivers section)

Walking diary



After completing the walking diary and answering the "Quiz Spot" questions for all 9 courses, bring this booklet to the Chuo-ku Health Promotion Section to receive a certificate of completion.

Contact

Chuo City Health Promotion Section
〒104-0044 Chuo City Akashi-cho 12-1
TEL 03-3541-5930 (prevention section)

Course 1

✓ Ginza/ Tsukiji

A Central Area Bringing Together People and Topics

[YY/MM/DD] [Weather]
[Time] [Number of steps]
[Memo]

Quiz Spot A long time ago, there was a line to Tsukiji Market and something that represents those remains are saved here. What is that something?

Answer

Course 2

✓ Ginza/ Shinkawa/ Shintomi

Tour Local Monuments

[YY/MM/DD] [Weather]
[Time] [Number of steps]
[Memo]

Quiz Spot There is a famous monument to a samurai of the Treasury of Loyal Retainers, the Akou Incident (Chushingura: Akou Jiken). What is the name of this person?

Answer

Course 3

✓ Ningo-cho / kodenma-cho

Searching for the Vestiges and Nostalgic Atmosphere of Edo

[YY/MM/DD] [Weather]
[Time] [Number of steps]
[Memo]

Quiz Spot There are 2 "clockwork towers" here. 1 is themed on "Edo Rakugo" (Funny stories), what is the another tower themed on?

Answer

Course 4

✓ Nihon-bashi

Re-creating History along the Riverside

[YY/MM/DD] [Weather]
[Time] [Number of steps]
[Memo]

Quiz Spot Here is a copy of "something on the Nihon-bashi road." What is that something?

Answer

Course 5

✓ Tsukuda/ Tsukishima

The water city of now and the past

[YY/MM/DD] [Weather]
[Time] [Number of steps]
[Memo]

Quiz Spot Once the ○○館 (Something Hall) stood here. Now there is a monument. *What characters are in ○○??

Answer

Course 6

✓ Kachidoki/ Harumi

Take in a View of the Town from the Canal Bridge

[YY/MM/DD] [Weather]
[Time] [Number of steps]
[Memo]

Quiz Spot What is on display at the Harumi Community Museum in Harumi-Rinkai Park?

Answer

Course 7

✓ Nihon-Bashi River/ Sumida-gawa River

A contest of light and bridges

[YY/MM/DD] [Weather]
[Time] [Number of steps]
[Memo]

Quiz Spot There is a "Hashi-Shirube" (bridge sign) that is just below knee height here. What is the name on the sign?

Answer

Course 8

✓ Tsukiji/ Tsukishima/ Harumi

Scenes of Sumida River and Canals

[YY/MM/DD] [Weather]
[Time] [Number of steps]
[Memo]

Quiz Spot The "Peace Monument" has been established in Tsukishima Daini Children's Park. Please tell us how many elementary schools participated in the production.

Answer

Course 9

✓ Tsukuda/ Minato/ Tsukishima

A full experience of the riverside and green roads

[YY/MM/DD] [Weather]
[Time] [Number of steps]
[Memo]

Quiz Spot There is an exhibition of the materials used for the Nishinaka Bridge before its replacement. What materials are on display?

Answer