BMI tells your optimum weight

Healthy weight check

Are you worrying about lacking of daily exercises? Your weight is a barometer of health. Firstly you check your optimum weight and calculate your used calories by walking. Then you can figure out the way to keep you healthy.

BMI = Weight (kg) / Height (m)\(^2\) (Check chart by BMIS)

<table>
<thead>
<tr>
<th>BMI</th>
<th>Underweight</th>
<th>Normalweight</th>
<th>Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>18–49 years old</td>
<td>Less than 18.5</td>
<td>18.5–24.9</td>
<td>25 and above</td>
</tr>
<tr>
<td>50–64 years old</td>
<td>Less than 20.0</td>
<td>20.0–24.9</td>
<td>25 and above</td>
</tr>
<tr>
<td>65 years old and above</td>
<td>Less than 21.5</td>
<td>21.5–24.9</td>
<td>25 and above</td>
</tr>
</tbody>
</table>

BMR (resting metabolic rate) = 300Kcal

Kcal = 300Kcal x hours of walking

How many steps should we walk a day? What is benefits of walking?

Walking steps needed to maintain your healthy life with less stress is about 1000 steps on top of your daily activities. It is roughly a 10 minutes’ walk. So 10 minutes of commencing or sleeping walk is enough to improve your health by stress reduction, and augment muscles, function of the heart and the lungs and physical strength and so on. It is also an effective measure of preventing you from dementia without damaging environment ecology. So, why not start this walking from enjoyable stage for you.

You will find how wonderful Seijo area is by walking around there.

Located along with Kokubunji Cliff line Seijo is blessed with lots of nature and is also rich with culture from early Showa period. Although there are many slopes that make you a bit tired, many greens, springs and birds on ponds give you more healing. There are also many attractive visiting spots such as old Shina town, Toho movie studios and Seijo University Memorial Museum of Invention. So, take easy walking and you surely find attractiveness of Seijo area.

walking style in Seijo

You had better change your pace of walking by uphill or downhill slope to avoid being overloaded. Early morning, evening or rainy and snowy may cause slippery road surface. In uphill slope you should keep your steps short and swing your arms backward to climb smoothly. On the contrary, you should bent your knees deeply so as to keep your body mass lower and be careful not to make your joints overloaded.