

# 1 Start with things that can easily be incorporated into your daily life!

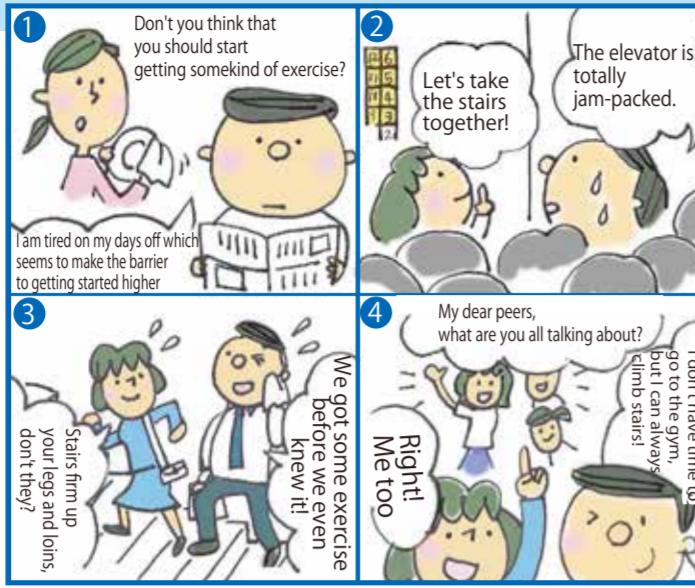
According to a survey by Setagaya City authorities, around 30% of women in their 20s and 30s do not exercise as part of their daily routines. In addition, it made clear that around 10% of men in their 30s get no exercise whatsoever.

While there are many in the younger generation and the working generation who are not in the habit of regular exercise, we recommend that you make exercise friends at workplaces or elsewhere and get started.

Health Promotion Survey Report for Setagaya City Residents March 2016

## +1 Why not take just one of these challenges?

- Use the stairs instead of elevators and escalators as much as possible.
- Cleaning the floor and the bath are types of exercise in themselves. At the same time, you get your house clean and kill two birds with one stone.
- Getting about when you walk with your child in the park is an exercise in itself.



# 2 There are many city residents who would like to make some contribution to their areas if they had the chance!

While there is a large proportion of people who think that the links between those in communities are weak according to a city survey, this survey also made clear that there are many people who would like to contribute to their community if they had the chance.

It is said that the richer the community bonds, the better the health of those who live in that community. Connecting with your community is another way to promote health.

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## +1 Why not take just one of these challenges?

- Look up the activities including those of Setagaya City and volunteer groups in news bulletins and from the website and join in.
- Take part in community activities which involve various generations and make companions who can join you in community activities and relationships which could help you out if you are ever in a fix.



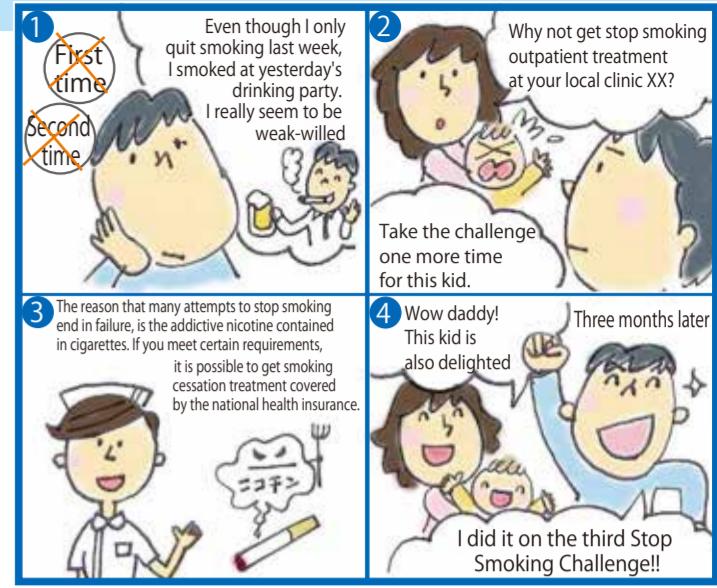
# 3 Let's take the Stop Smoking Challenge.

Cigarettes cause serious illnesses such as cancer, vascular diseases, chronic obstructive pulmonary disease (COPD), diabetes, and stomach or duodenal ulcer. What is even scarier is "passive smoking" of the smoke from cigarettes of smokers around you.

You need a strong will and methodical nature to quit smoking. There are still those who succeed in quitting on the 3rd or 4th attempt. To protect your health and that of the loved ones around you, it is important to take the Stop Smoking Challenge without fear of failure.

## +1 Why not take just one of these challenges?

- Anyone who wants to quit smoking, why not take the Stop Smoking Challenge using a method which suits you best such as smoking cessation treatment after consulting with a medical institution.
- Pregnant and nursing mothers stop smoking as it has an effect on the health of your child.
- Don't smoke, in particular around children and pregnant women to prevent passive smoking.



# 3 Setagaya/Kinuta/Karasuyama Area Course

Chitose-karasuyama Sta. → Kyodo Sta./Chitose-Funabashi Sta. → Miyanosaka Sta. → Sangen-jaya Sta.

around 4.6 km  
around 1.4 km  
around 3.6 km

Total course length around 9.6 km

**Walking**  
Time allowed: around 144mins  
Calories consumed: around 432kcal  
Number of steps: around 13710steps  
\*Calculations: 60kg male, 70cm stride, walking at 4km/hr, 10 minutes = 30 kcal

**Start**

**Introducing the Karasuyama-gawa River greenway**  
Has its headwaters in the Musashino riverbed waters which come up in a pond in the current Kogenin Temple. Now the around 7 kilometers from Funabashi 7-chome to Mishuku 1-chome are maintained as a greenway and have become a richly varied walking path.

**Course highlights**

1 Karasuyama Jinja Shrine  
2 Setagaya Literary Museum  
3 Tokyo Metropolitan Roka Koshun-en Garden  
4 Chitose All-season Swimming Pool  
5 Kibogaoka Park  
6 Setagaya-Hachimangu Shrine  
7 Gotokuji Temple  
8 Shoin Jinja Shrine  
9 Gotokuji Temple  
10 Shokukui Temple  
11 Setagaya-joshi (castle remains) park  
12 Karasuyama-gawa River greenway  
13 Shoin seated statue  
14 Setagaya Culture and Lifestyle Information Center (located in Carrot Tower)

**Map symbols**

- Course highlights
- Toilet
- Temple
- Shrine
- School
- Greenway
- Crossing

**Photos and descriptions:**

- Karasuyama Jinja Shrine:** Founded in 1736. In addition to the collection of the manuscripts, first editions, writing materials and valuable books associated with Setagaya City, temporary exhibitions are held several times a year. The literary salon is also a platform to experience living literature with lectures, concerts, readings, and film screenings held.
- Setagaya Literary Museum:** The "Arukinuta" walking map is produced by the Kinuta Sogo Shisho (District Administration Office). You can view maps and videos from the Setagaya City website!
- Tokyo Metropolitan Roka Koshun-en Garden:** Regional landscape assets Kasuya bamboo plantation.
- Chitose All-season Swimming Pool:** The roof of the heated 25-meter pool which uses heat from cleaning works is high and you can have a refreshing swim while looking at the greenery of the adjoining park. In addition to a ball park and wall-fountain Hiroba (plaza), there are clocktowers, arch bridges and mixed play equipment facilities.
- Kibogaoka Park:** A western-style park opened in 1977. In the grounds of the park, in addition to a ball park and wall-fountain Hiroba (plaza), there are clocktowers, arch bridges and mixed play equipment facilities.
- Setagaya-Hachimangu Shrine:** Has its origins in the inviting and enshrinement of the Usa-Hachimangu Shrine as the local deity by Minamoto no Yoshiie following his return from the Gosannen War. Setagaya's feudal lord Kira Yoriyasu restored the main shrine building, and sumo exhibition matches had come to be held in the shrine precincts.
- Gotokuji Temple:** This is the bodaiji (family temple) in Edo (Tokyo) of the Setagaya feudal lord, Ii family. In the grounds, you will find the grave of Naosuke Ii, which is designated as a historic site of Tokyo. There is also a figure of Manekineko (beckoning cat) summoning good luck in the Shofukuden beside the Buddha hall.
- Shokukui Temple:** The only "History Park" in Setagaya City, and which was opened in 1940. It is also a "Tokyo Metropolitan Designated Important Cultural Property." There are earthworks, hillocks and dales, which retain shadows of the past. It is a nature-rich park covered by trees, and has been chosen as one of the 100 Views of Setagaya.
- Shoin Jinja Shrine (castle remains) park:** A shrine dedicated to Shoin Yoshida, a thinker of the closing days of the Tokugawa government. In addition to 32 stone lantern dedicated to among others Ariomo Yamaga and Hironobu Ito, you will find the grave and seated statues of Shoin and a replica of the Shokason-juke private school. The adjoining Wakabayashi Park is also the site of the Mori clan residence.
- Setagaya Culture and Lifestyle Information Center (located in Carrot Tower):** This is a facility comprised of the three departments of the "Seikatsu Kobo," "Lifestyle Design Center," the "Setagaya Public Theater," and the "Music Office." It aims to provide city residents with access to superb culture and arts along with supporting independent activities of local citizens. In addition, there are various facilities which can be booked, such as the theater space and seminar rooms.
- Shoin seated statue:** A statue of Shoin Yoshida, a thinker of the closing days of the Tokugawa government.
- Kitazawa Sogo Shisho (District Administration Office):** A shrine dedicated to Shoin Yoshida, a thinker of the closing days of the Tokugawa government. In addition to 32 stone lantern dedicated to among others Ariomo Yamaga and Hironobu Ito, you will find the grave and seated statues of Shoin and a replica of the Shokason-juke private school. The adjoining Wakabayashi Park is also the site of the Mori clan residence.
- Setagaya Public Theater:** The "Healthy Walking Map of the History and Seasons of the Setagaya Area" is produced by the Setagaya Sogo Shisho (District Administration Office). You can view the map from the Setagaya City website!
- Shojo Temple:** A horse statue.
- La Place:** A place.
- Showa Women's University:** A place.