Use Your Own Neighborhood Block for Healthy Weight Loss!

Montefiore Medical Group
Family Health Center (FHC)

**Route (1 mile):**
East Fordham Road to West Fordham Road

**Directions:**
- Start at the Fordham Metro North train station near Decatur Avenue
- Continue onto East Fordham Road towards West Fordham Road
- Continue onto West Fordham Road
- Finish the walk at Dr. MLK Jr. Boulevard

**Time:** This is a 21-minute walk. For a shorter walk:
1) take a 9-min. walk from the Fordham Metro North station to E. Fordham Rd./Creston Ave. (1/2 mile)
2) take an 8-min. walk from E. Fordham Rd./E. 188th St. to W. Fordham Rd./Dr. MLK Jr. Blvd. (1/2 mile)

**Nearby Transit**
- Fordham Road 4 train station
- Fordham Road B/D train station
- BX3 West Fordham Road bus stop

Check the route out on your Smartphone [http://goo.gl/maps/oip23](http://goo.gl/maps/oip23) (case sensitive) or use a QR code scanner to find the map.