










Use Your Own Neighborhood Block for Healthy Weight Loss!

Montefiore Medical Group Comprehensive Health Care Center (CHCC)

Route (1 mile):

Start and finish at CHCC






Directions:

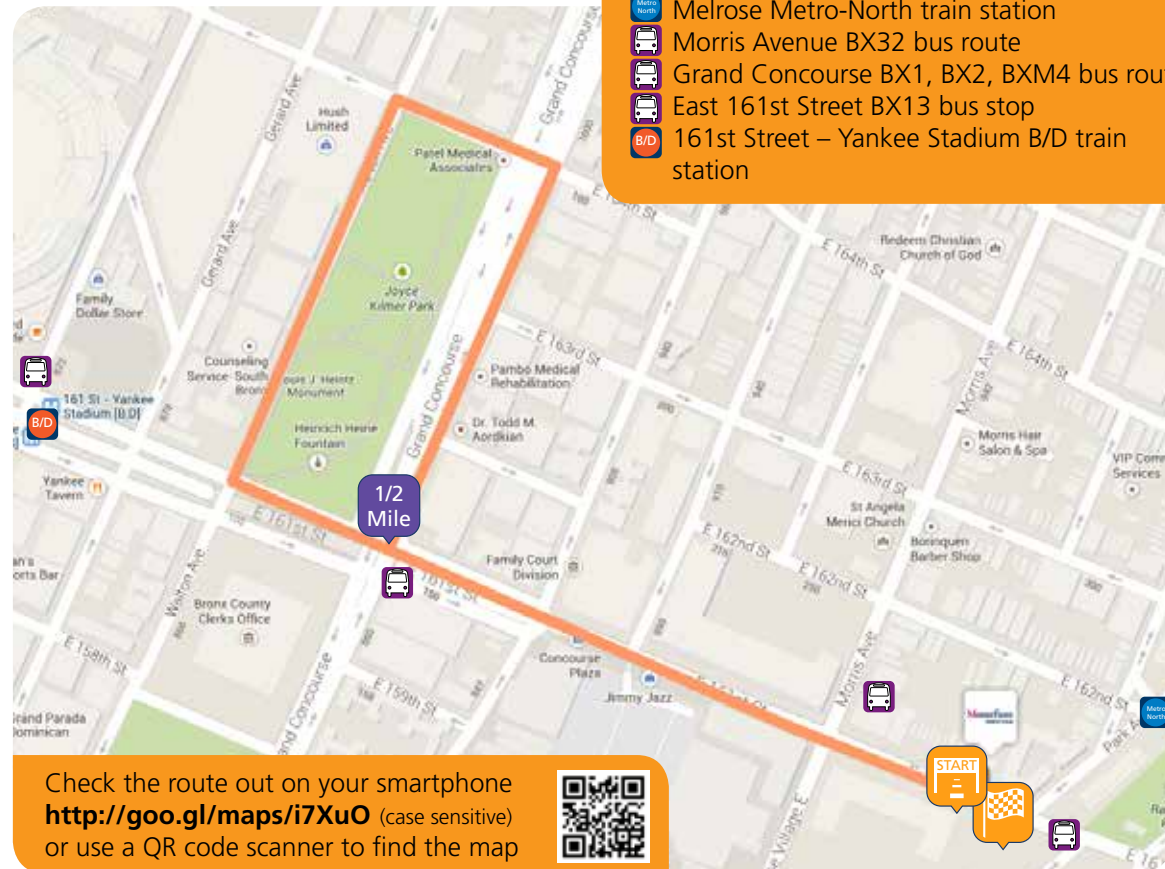
-  Start at the CHCC site (305 East 161st Street) and walk toward East 161st Street and Concourse Village East
-  Continue onto East 161st Street
-  Turn right at Grand Concourse to begin the walk around Joyce Kilmer Park
-  Turn left on East 164th Street
-  Turn left on Walton Avenue
-  Turn left on East 161st Street
-  Finish the walk at the CHCC site (305 East 161st Street)
Approximately 118 calories burned

Time: This is a 25-minute walk. For a shorter walk:

- 1) Take a 7-minute walk from East 161st Street/Concourse Village East to East 161st Street/Grand Concourse (1/2 mile)
- 2) Take a 14-minute walk around Joyce Kilmer Park (1/2 mile)

Nearby Transit

-  Melrose Metro-North train station
-  Morris Avenue BX32 bus route
-  Grand Concourse BX1, BX2, BXM4 bus route
-  East 161st Street BX13 bus stop
-  161st Street – Yankee Stadium B/D train station



Check the route out on your smartphone
<http://goo.gl/maps/i7XuO> (case sensitive)
or use a QR code scanner to find the map





Use Your Own Neighborhood Block for Healthy Weight Loss!

Montefiore Medical Group South Bronx Health Center (SBHC)

Route (1 mile):

Westchester Avenue/Longwood Avenue to Rainey Park Loop

Directions:



Start at corner of Westchester Avenue/Longwood Avenue at Prospect 2/5 subway station



Continue on Longwood Avenue toward Southern Boulevard and turn left on Beck Street



Turn left on Intervale Avenue



Turn left on Dawson Street



Turn right on Rev. James A. Polite Avenue and continue to the Wishing Well Community Garden. Come see SBHC's vegetable garden there.



Return to Dawson Street, turn right and continue to Longwood Avenue



Turn right on Longwood Avenue



Finish the walk at Westchester Avenue/Longwood Avenue

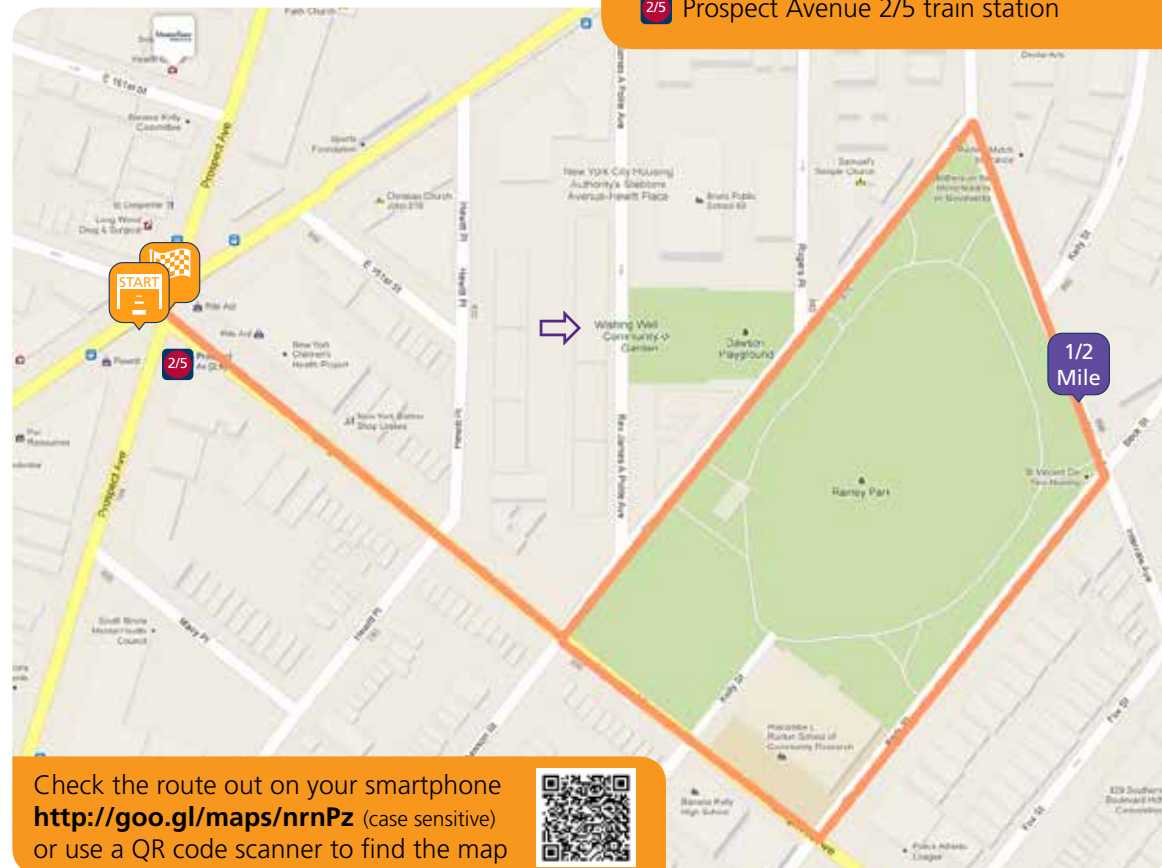
Approximately 103 calories burned

Time: This is an 18-minute walk. For a shorter 9-minute walk: Start from Westchester Avenue/Longwood Avenue, continue on Longwood Avenue, turn left on Dawson Street, turn left on Rev. James A. Polite Avenue to Westchester Avenue, and turn left on Westchester Avenue to Longwood Avenue.

Nearby Transit



Prospect Avenue 2/5 train station



Check the route out on your smartphone
<http://goo.gl/maps/nrnPz> (case sensitive)
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