Use Your Own Neighborhood Block for Healthy Weight Loss!
Montefiore Medical Group
West Farms Family Practice

Route (1 mile):
East Tremont Avenue/West Farms Square to East Tremont Avenue/Park Avenue

Directions:
- Start at the West Farms Square/East Tremont Avenue 2/5 train station on Boston Road
- Continue onto Boston Road for one block and turn right at East Tremont Avenue
- Continue onto East Tremont Avenue
- End the walk at the Tremont Metro-North train station near Park Avenue

Time: Approximately 131 calories burned

For a shorter walk:
1) Take a 12-minute walk from the West Farms Square/East Tremont Avenue train station to East Tremont Avenue/Mapes Avenue (1/2 mile)
2) Take an 11-minute walk from East Tremont Avenue/Prospect Avenue to East Tremont Avenue/Park Avenue (1/2 mile)

Nearby Transit
- East Tremont bus stops: BX9, BX15, BX17, BX19, BX21, BX36, BX40, BX42, BX55

Check the route out on your smartphone http://goo.gl/maps/c2ekd (case sensitive) or use a QR code scanner to find the map.