







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

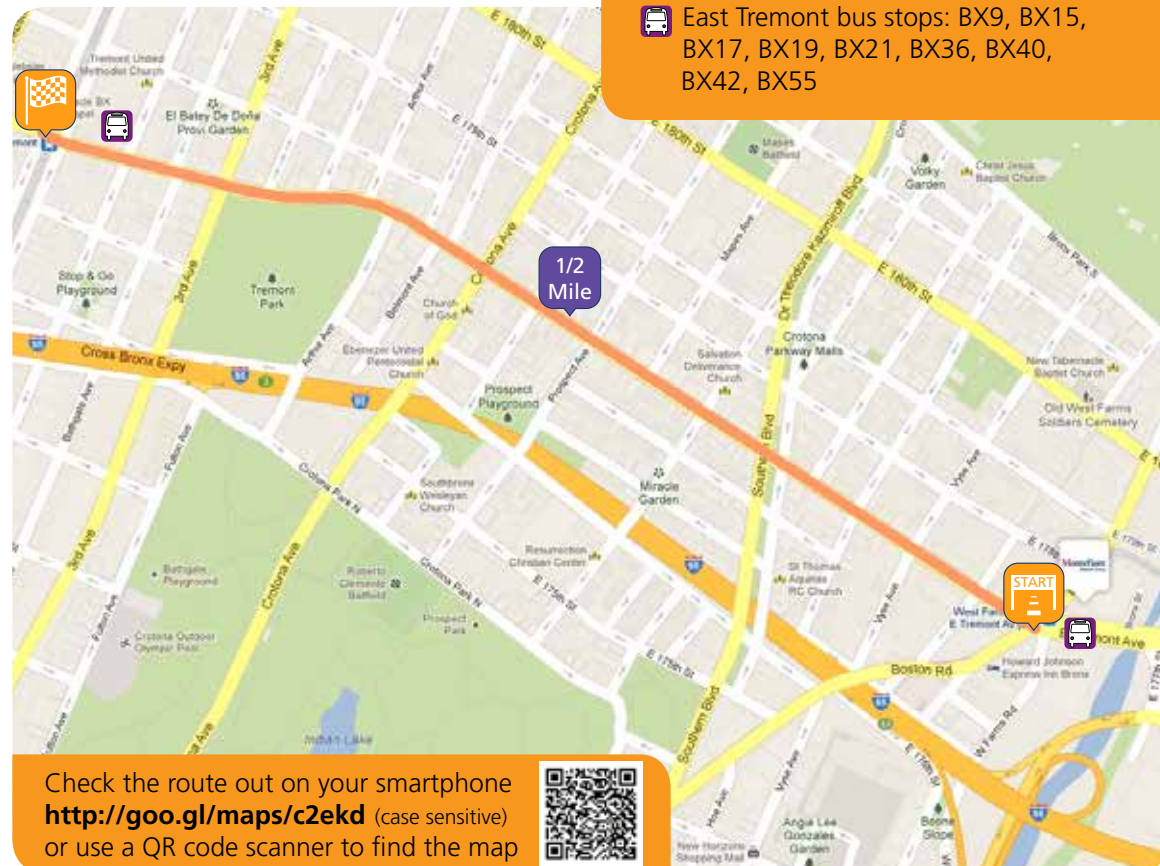
Approximately 131 calories burned

Time: This is a 23-minute walk. 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

