



## Use Your Own Neighborhood Block for Healthy Weight Loss!

### Montefiore Medical Group Williamsbridge Family Practice Center

#### Route (1 mile):

East Gun Hill Road/Fish Avenue to East Gun Hill Road/  
Eastchester Road

#### Directions:



Start at the East Gun Hill Road/Fish Avenue BX28/BX38 bus stop



Continue to walk down East Gun Hill Road to Arnow Avenue



Turn right on Arnow Avenue to begin one lap around Campanaro Playground:



- Cross the street at Eastchester Road and continue onto Arnow Avenue near the basketball court (one short block)



- Turn right on O'Neill Place



- Turn right on East Gun Hill Road



Finish the walk at the East Gun Hill Road-Arnow Avenue bus stop (BX28/BX38)

Approximately 93 calories burned

**Time:** This is a 17-minute walk. For a shorter walk:

- 1) Take an 8-minute walk from East Gun Hill Road/Fish Avenue to Arnow Avenue (1/2 mile)
- 2) Take a 9-minute walk around Campanaro Playground (1/2 mile)

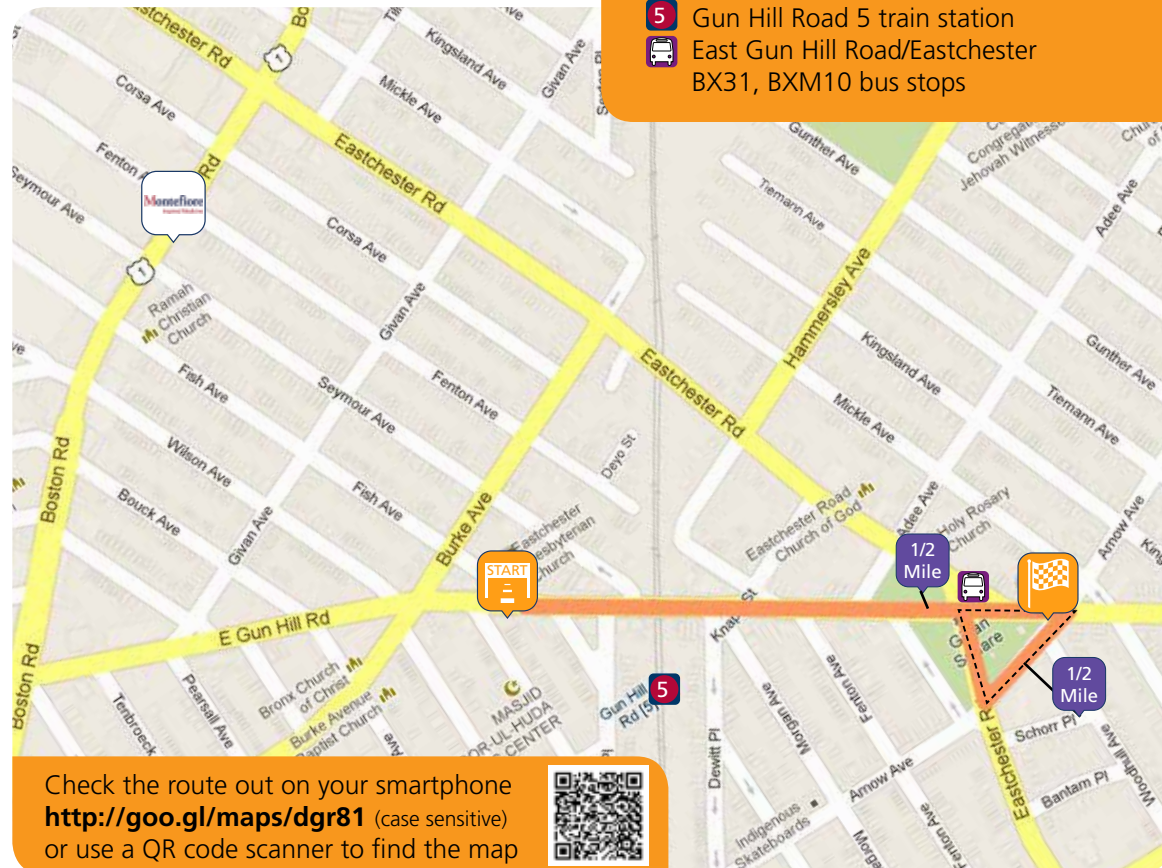
#### Nearby Transit



Gun Hill Road 5 train station



East Gun Hill Road/Eastchester  
BX31, BXM10 bus stops



Check the route out on your smartphone  
<http://goo.gl/maps/dgr81> (case sensitive)  
or use a QR code scanner to find the map

