




## 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

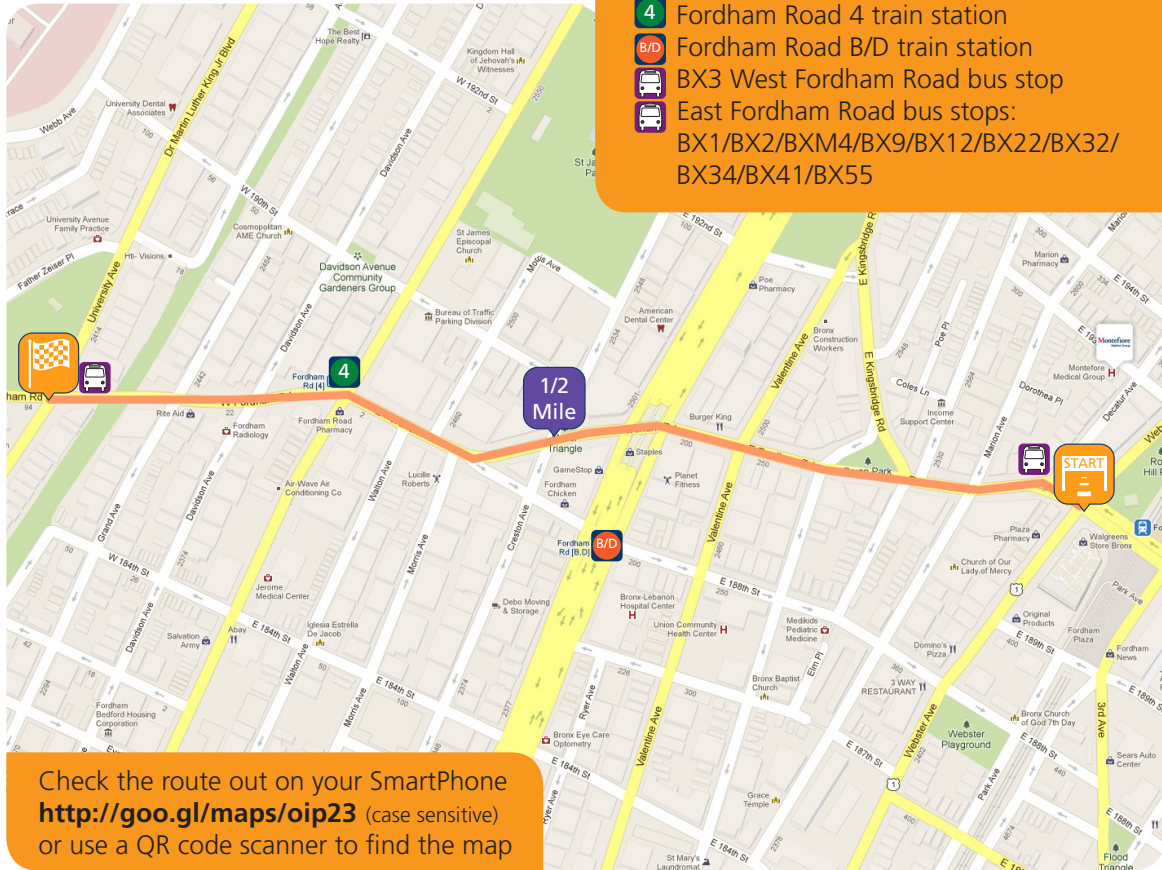
 Finish the walk at Dr. MLK Jr. Boulevard  
90 calories burned

**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
-  East Fordham Road bus stops:  
BX1/BX2/BXM4/BX9/BX12/BX22/BX32/  
BX34/BX41/BX55



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