



Healthy Directions /

# Resources



# Table of Contents

General Resources ..... 3

Quit-smoking Resources..... 5

West Roxbury Resources..... 7

Kenmore Resources .....13

# General Resources

Learn more about healthy eating and exercise with these great web sites and resources.



## Healthy Eating

### Massachusetts’ Farmers’ Markets

**web:** [www.mass.gov/agr/massgrown/farmers\\_markets.htm](http://www.mass.gov/agr/massgrown/farmers_markets.htm)

Farmers’ markets are a great place to buy locally grown produce, meet growers and farmers, and teach kids about fruits and vegetables. You can search the site by county.

### Fruits and Veggies Matter

**web:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

Learn why fruits and vegetables are important, what counts as a serving, tips for getting fruits and veggies, and more. Use the “Analyze My Plate” feature to build a healthy meal.

### Nutrition.gov

**web:** [www.nutrition.gov](http://www.nutrition.gov)

Type “dietary supplements” into the search box to learn about vitamins. Read questions and answers, see how multivitamins help your body, and more.

## Physical Activity

### NeighborWalk

**web:** [www.bphc.org/neighborwalk](http://www.bphc.org/neighborwalk)

**email:** [bostonsteps@bphc.org](mailto:bostonsteps@bphc.org)

**phone:** (617) 534-5690

NeighborWalk is a citywide program that sponsors walking clubs in Chinatown, Dorchester, Hyde Park, Jamaica Plain, Mattapan, Roxbury, South Boston, and the South End. Call or email to learn more.

### Department of Conservation and Recreation (DCR)

**web:** [www.mass.gov/dcr](http://www.mass.gov/dcr)

The Massachusetts Department of Conservation and Recreation is a great resource for physical activity. Learn where you can walk, run, bike, ski, ride a horse, look for birds, and more! There are also listings of local events in and around Boston.

### Map My Run

**web:** [www.mapmyrun.com](http://www.mapmyrun.com)

Use this tool to plan and track walking routes all over Boston.

### Boston Hiking Guide

**web:** [www.geocities.com/Yosemite/Trails/1171](http://www.geocities.com/Yosemite/Trails/1171)

Use this guide to plan hikes and walks in and around Boston. It lists hiking areas that are near T stops and bus routes. There are also maps, suggestions for walks and hikes based on the season of the year, and much more.

### Body Mass Index Calculator

**web:** [www.nhlbisupport.com/bmi](http://www.nhlbisupport.com/bmi)

Your body mass index, or BMI, is a measure of your body fat. It is based on how tall you are and how much you weigh. Use this easy tool to measure your BMI.

# Quit-smoking Resources

Learn more about kicking butts from these great quit-smoking resources.

.....

If you decide to quit smoking, don't go it alone! There are many resources that can offer help and support.

## Quitworks

**web:** [www.trytostop.org](http://www.trytostop.org)

**phone:** 1 (800) TRY-TO-STOP (879-8676)

Join the Massachusetts Try-to-Stop community with this free resource. Harvard Vanguard Medical Associates recommends Quitworks to its patients. The site has general tips for quitting, information about medications that can help you quit, success stories, which insurance plans cover quit-smoking medications, and much more. The Quit Wizard can even help you create your own quit-smoking plan.

## Your Doctor or Nurse Practitioner

The person who provides your care at Harvard Vanguard Medical Associates can point you to quit-smoking resources at your center.

## Community Resources

Local hospitals, health centers, and other community health resources may offer quit-smoking programs. Your employer or insurance company may also offer classes or programs.

## Smokefree.gov

**web:** [www.smokefree.gov](http://www.smokefree.gov)

**phone:** 1 (800) QUIT-NOW (784-8669)

Use this online guide to learn how to quit, make a plan to quit, what to do on your Quit Day, and ways to stay smoke-free. You can even talk to a trained quit-smoking counselor by phone or instant message.

## American Lung Association

**web:** [www.lungusa.org](http://www.lungusa.org)

**phone:** 1 (800) LUNG-USA (586-4872)

Join the free Freedom From Smoking online program to learn how to avoid smoking triggers, cope with cravings, and stay quit. Type the words “freedom from smoking” in the Search box on the site’s home page.

## Become an Ex

**web:** [www.becomeanex.org](http://www.becomeanex.org)

Use this site to learn how to become an ex-smoker. Make a quit plan, join the site’s community of quitters, and keep track of your progress.

# West Roxbury Resources

As you make healthy changes,  
remember to check out resources  
in your own community.

.....

These resources can make it easier to make changes—and more fun! They range in price, but many are free or low-cost.

## Athletic Facilities

### West Roxbury/Roslindale YMCA

15 Bellevue Street

West Roxbury, MA 02132

**phone:** (617) 323-3200

**web:** [www.ymcaboston.org](http://www.ymcaboston.org)

This YMCA offers exercise equipment, a gymnasium, fitness classes, strength training, a sauna, and a steam room. There is also childcare and a computer center.

### Hours:

Monday to Friday: 5:30 AM to 10:30 PM

Saturday: 7:00 AM to 7:00 PM

Sunday: 7:00 AM to 8:00 PM

### Fees:

#### Individual membership:

Household income \$36,999 or below: \$40/month plus \$50 joining fee

Household income \$37,000 above: \$54/month plus \$100 joining fee

### **Couple membership:**

Household income \$56,599 below: \$66/month plus \$50 joining fee  
Household income \$56,600 above: \$88/month plus \$100 joining fee

### **Family membership:**

Household income \$56,599 below: \$66/month plus \$50 joining fee  
Household income \$56,600 above: \$88/month plus \$100 joining fee

### **Gold's Gym**

1600 VFW Parkway  
West Roxbury, MA 02132  
**phone:** (617) 327-4653  
**web:** [www.goldsgym.com/westroxburyma](http://www.goldsgym.com/westroxburyma)

### **Hours:**

Monday to Thursday: 5:30 AM to 10:00 PM  
Friday: 5:30 AM to 9:00 PM  
Saturday and Sunday: 7:00 AM to 6:00 PM

This fitness facility includes cardiovascular equipment, strength training equipment, a spinning studio, and exercise class studios.

### **Fees:**

Enrollment: \$49  
Month to month: \$44.99/month  
With a 12-month contract: \$34.99/month

### **West Roxbury High School**

1205 VFW Parkway  
West Roxbury, MA 02132  
**phone:** (617) 635-5066

West Roxbury High School offers men's basketball on Tuesday evenings, all year long. You must fill out a request form to use the courts. Please call for a current schedule.

### **Draper Pool**

5279 Washington Street  
West Roxbury, MA 02132  
**phone:** (617) 635-5021

This stand-alone indoor pool facility was renovated in 2001. It has small but clean changing rooms and restrooms. It is near a playground and a track for running.

### **Hours for open swim:**

Monday, Wednesday, and Friday: 1:00 PM to 4:00 PM  
Tuesday and Thursday: 1:00 PM to 6:00 PM  
Saturdays: please call for current times

### **Fees:**

Family membership: \$40.00 for one year  
Individual membership: \$25.00 for one year

### **Jim Roche Community Ice Arena**

1275 VFW Parkway  
West Roxbury, MA 02132  
**phone:** (617) 323-9512

The Jim Roche Community Ice Arena is a Commonwealth of Massachusetts public ice skating facility, overseen by the Department of Conservation and Recreation (DCR). The arena offers a wide variety of skating programs for all ages and abilities.

Call for skating schedule.

### **Fees:**

Admission: \$4.00 Skate rental: \$4.00

## Community Centers

### Ohrenberger Community Center

175 W. Boundary Road  
West Roxbury, MA 02132  
**phone:** (617) 635-5183

The center has open gym for teenagers on Tuesday and Thursday evenings. There is also a dance class for adults on Saturday afternoons.

Membership is \$5 a year. Please call for a current class schedule.

### West Roxbury Community Center

1205 VFW Parkway  
West Roxbury, MA 02132  
**phone:** (617) 635-5190

The center has a pool, yoga classes, and other activities. Pool hours are from 6:00 AM to 7:45 PM. Call for more information.

## Dance Classes

### Miss Emily's West Roxbury School of Dance

29 Corey Street  
West Roxbury, MA 02132  
**phone:** (617) 363-0376  
**web:** [www.missemilysdance.com](http://www.missemilysdance.com)

This school offers jazz dance classes for adults – no dance experience needed. A 6-week session is \$75. Please call or visit the site for a current class schedule.

## Bike Paths

### Stony Brook Reservation Bike Path

There are 10 to 12 miles of bike paths and many recreational activities at the reservation.

Learn more about Boston-area bike paths by calling the Department of Conservation and Recreation at (617) 727-4708. To see maps of the paths, visit [www.mass.gov/dcr/recreate/biking.htm](http://www.mass.gov/dcr/recreate/biking.htm).

## Parks

### Stony Brook State Reservation

Turtle Pond Parkway through West Roxbury and Hyde Park  
**phone:** (617) 333-7404

Stony Brook Reservation contains 475 acres of scenic landscapes and many recreational facilities. There are places to bike, hike, fish, ice skate, go swimming, play baseball, play tennis, and much more. There is also a tot lot. Open year-round, from dawn to dusk.

## Playgrounds

### Billings Field

LaGrange Street  
West Roxbury, MA 02132  
**phone:** (617) 635-4505

Billings Field has an exciting playground that will keep kids busy. There are also 3 well-lighted baseball/softball fields, 3 tennis courts, 2 full basketball courts, and a path for walking.

#### Hours:

Monday through Sunday: 6:00 AM to 11:30 PM

### Millennium Park

180 Charles Park Road  
West Roxbury, MA 02132  
**phone:** (617) 325-6400

This park has a playground, walking trails, and a canoe launch.

### NeighborWalk

**web:** [www.bphc.org/neighborwalk](http://www.bphc.org/neighborwalk)  
**email:** [bostonsteps@bphc.org](mailto:bostonsteps@bphc.org)  
**phone:** (617) 534-5690

NeighborWalk is a citywide program that sponsors walking clubs in Chinatown, Dorchester, Hyde Park, Jamaica Plain, Mattapan, Roxbury, South Boston, and the South End. Call or email to learn more.

# Kenmore Resources

As you make healthy changes,  
remember to check out resources  
in your own community.

These resources can make it easier to make changes—and more fun! They range in price, but many are free or low-cost.

## Athletic Facilities

### YMCA Back Bay/Fenway

316 Huntington Avenue  
Boston, MA 02115  
**phone:** (617) 927 8060  
**web:** [www.ymcaboston.org](http://www.ymcaboston.org)

This YMCA offers exercise equipment, a gymnasium, fitness classes, strength training, a sauna, and a steam room. There is also childcare and a computer center.

#### Hours:

Monday to Friday: 5:30 AM to 10:30 PM  
Saturday: 7:00 AM to 7:00 PM  
Sunday: 7:00 AM to 8:00 PM

#### Fees:

##### *Individual membership:*

Household income \$36,999 or below: \$40/month plus \$50 joining fee  
Household income \$37,000 above: \$54/month plus \$100 joining fee



**Couple membership:**

Household income \$56,599 below: \$66/month plus \$50 joining fee  
Household income \$56,600 above: \$88/month plus \$100 joining fee

**Family membership:**

Household income \$56,599 below: \$66/month plus \$50 joining fee  
Household income \$56,600 above: \$88/month plus \$100 joining fee

**Simmons College Sports Center**

300 The Fenway  
Boston, MA 02115  
**phone:** (617) 521-1080  
**web:** [www.simmons.edu/athletics/facilities/holmes/index.php](http://www.simmons.edu/athletics/facilities/holmes/index.php)

Simmons College Sports Center has cardio and weight lifting equipment, pool exercise classes, and basketball courts. Individual memberships are available for those who work in the Longwood Medical Area.

**Membership Fees:**

12 months: \$420  
9 months: \$342  
6 months: \$240  
3 months: \$135  
1 month: \$50

Fees must be paid by personal check.

**Hours:**

Monday to Thursday: 6:30 AM to 10:00 PM  
Friday: 6:30 AM to 8:00 PM  
Saturday: 9:00 AM to 5:00 PM  
Sunday: 12:00 PM to 8:00 PM

**Pool hours:**

**Lap Swim**

Monday to Thursday:  
6:30 AM to 8:00 AM (shallow pool only)  
8:00 AM to 10:00 AM  
11:30 AM to 2:30 PM  
6:30 PM to 8:30 PM

Friday:  
6:30 AM to 8:30 AM (shallow pool only)  
8:00 AM to 10:00 AM  
11:30 AM to 2:30 PM  
6:30 PM to 7:30 PM  
Saturday:  
10:00 AM to 2:00 PM

Sunday:  
10:00 AM to 2:00 PM  
4:00 PM TO 5:00 PM (women only)

**Boston Sports Club**

201 Brookline Avenue  
Boston, MA 02215  
**phone:** (617) 266-7400  
**web:** [www.mysportsclubs.com](http://www.mysportsclubs.com)

Boston Sports Club offers cardio and weight-lifting equipment. Group fitness classes and personal training sessions are also available.

**Hours:**

Monday to Thursday: 5:30 AM to 10:00 PM  
Friday: 5:30 AM to 9:00 PM  
Saturday and Sunday: 8:00 AM to 8:00 PM

**Fees:**

Enrollment fee: \$149  
\$69/month (Call for seasonal specials.)



### Gold's Gym Boston

71 Lansdowne Street  
Boston, MA 02215  
**phone:** (617) 536-6066  
**web:** [www.goldsgym.com](http://www.goldsgym.com)

The gym has a large group exercise studio and a "Women's Only" fitness center.

#### Hours:

Monday to Thursday: 5:00 AM to 10:00 PM  
Friday: 5:00 AM to 9:00 PM  
Saturday and Sunday: 8:00 AM to 6:00 PM

#### Fees:

Enrollment: \$199  
Membership with a 12-month contract: \$59/month  
Membership with a 24-month contract: \$49/month

### Healthworks Fitness Centers for Women

920 Commonwealth Avenue  
Boston, MA 02215  
**phone:** (617) 731-3030  
**web:** [www.healthworksfitness.com](http://www.healthworksfitness.com)

Healthworks is a women's-only fitness center. It offers a wide variety of classes and cardio and weightlifting equipment. Members can also take advantage of personal training sessions and spa services.

#### Hours:

Monday to Friday: 5:30 AM to 10:00 PM  
Saturday and Sunday: 7:30 AM to 8:00 PM

#### Fees:

Prices range from \$40/month to \$100/month. Call for more information.

### FitCorp Longwood

77 Avenue Louis Pasteur  
Boston, MA 02115  
**phone:** (617) 375-5600  
**web:** [www.fitcorp.com/locations/longwoodmedicalarea.aspx](http://www.fitcorp.com/locations/longwoodmedicalarea.aspx)

#### Hours:

Monday to Thursday: 5:30 AM to 10:00 PM  
Friday: 5:30 AM to 9:00 PM  
Saturday: 9:00 AM to 7:00 PM  
Sunday: 9:00 AM to 6:00 PM

#### Membership Fees

Month-to-month: \$89/month  
With a 12-month contract: \$79/month

FitCorp fitness center offers cardio and weightlifting equipment. There is also personal training and group fitness classes.

### Marino Center at Northeastern University

360 Huntington Avenue  
Boston, MA 02115  
**phone:** (617) 373-4433  
**web:** [www.campusrec.neu.edu](http://www.campusrec.neu.edu)

The fitness floor offers many kinds of exercise equipment. There are aerobics classes, martial arts clubs, a gym, weight training, and an indoor track.

#### Hours:

Monday to Thursday: 5:00 AM to 1:00 AM  
Friday: 5:00 AM to 9:00 PM  
Saturday: 8:00 AM to 6:00 PM  
Sunday: 12:00 PM to 6:00 PM

*Note that hours change often. Please call the Marino Center before going!*

#### Fees:

Residents of the City of Boston have free access to the Marino Center on a daily basis. This is given on a first-come, first-served basis. There is a limit of 50 people a day. There is a 3-hour workout limit.

All residents must:

- fill out a waiver during their first visit
- be at least 18 years old
- must have a valid Massachusetts Driver's License or Massachusetts Identification Card, issued by the Registry of Motor Vehicles, with a Boston address

*Note: Get there early! The gym opens at 5:00 AM on Monday through Friday, and there are usually 50 people in the center by 6:30 AM. The gym opens at 8:00 AM on Saturday and 10:00 AM on Sunday, and there are usually 50 people there by 8:30 AM.*

## Yoga

### Back Bay Yoga Studio

1112 Boylston Street  
Boston, MA 02215  
**phone:** (617) 375-0785  
**web:** [www.backbayyoga.com](http://www.backbayyoga.com)

This studio offers a wide variety of yoga classes, workshops, and healing therapies.

**Fees:**

Community class:	\$5 (cash only)
Drop-in class:	\$15
10-class card:	\$130
Monthly unlimited:	\$150
3-month unlimited:	\$375
Yearly unlimited:	\$1,250

Call or visit the web site for a class schedule.

## Tae Kwon Do

### Jae H Kim Tae Kwon Do Institute

102 Brookline Ave  
Boston, MA 02215  
**phone:** (617) 266-5050  
**web:** [www.tkd-boston.com](http://www.tkd-boston.com)

The institute offers a variety of specialty classes. Call for more information.

**Hours:**

Monday to Friday: 10:00 AM to 9:00 PM  
Saturday: 10:00 AM to 6:00 PM  
Sunday: 10:00 AM to 4:00 PM

**Fees:**

\$98/month

### CW Taekwondo at Boston

600R Massachusetts Avenue  
Cambridge, MA 02139  
**web:** [www.cwtkd.com](http://www.cwtkd.com)

CW Taekwondo at Boston conducts beginner and intermediate Taekwondo (Tae Kwon do) classes that cover all ranks. They also offer a cardio kickboxing class and hold sport Taekwondo competition workouts.

**Hours:**

Monday to Thursday: 6:30 PM to 10:30 PM  
Friday: 6:00 PM to 7:00 PM  
Saturday: 12:30 PM to 2:00 PM

Email [info@cwtkd.com](mailto:info@cwtkd.com) for more information about classes and fees.

## Gardens

### Fenway Victory Gardens

Boylston Street, Park Drive, and Fenway  
Boston, MA 02215

**phone:** (617) 267-6650

**web:** [www.fenwayvictorygardens.com](http://www.fenwayvictorygardens.com)

The Fenway Victory Gardens is a community group that maintains 7 acres of individual and community garden plots in the Fens section of the Emerald Necklace park system. This is a great place to take a walk and admire the gardens.

### Boston Common and Boston Public Garden

64 Arlington Street  
Boston, MA 02116  
(617) 338-4400

The Boston Common has many fountains, lagoons, gardens, and paths for walking. The Frog Pond is open for wading in summer and skating in winter.

## Parks

### Back Bay Fens

The Fenway Park Drive  
Boston, MA 02113

**phone:** (617) 635-4505

Beautiful plants and trees liven this landscape year-round. The park has thousands of colorful roses in the rose garden.

### Arnold Arboretum

125 Arborway  
Boston, MA 02130

**web:** [www.arboretum.harvard.edu](http://www.arboretum.harvard.edu)

The beautiful grounds of the arboretum are open from sunrise to sunset every day of the year. There are guided tours, events, family activities, and more. The Visitor Center in the Hunnewell Building has staff to help you make the most of your visit, maps for self-guided tours, a bookstore, and bathrooms.

#### Visitor Center hours:

Monday to Friday: 9:00 AM to 4:00 PM

Saturdays: 10:00 AM to 4:00 PM

Sundays: 12:00 PM to 4:00 PM

## Playgrounds

### Amory Playground

1100 Beacon Street  
Brookline, MA 02446

Amory Playground is located next to Hall's Pond Sanctuary and Amory Wood. There are 6 clay tennis courts, a baseball and softball diamond, and picnic tables.

### Longwood Playground

127 Longwood Avenue  
Brookline, MA 02115

This playground has 2 separate play areas, one for school age children and one for toddlers. There are also 3 tennis courts and 2 short combination softball and youth baseball fields.

## Community Centers

### Brookline Community Center for the Arts (BCCA)

327 Saint Paul Street, #2  
Brookline, MA 02446  
**web:** [www.bccaonline.com](http://www.bccaonline.com)

The BCCA is a non-profit community arts center in Brookline. It offers classes and workshops in dance, movement, and more.

Visit the web site for more information.

## Pools

### Veterans Memorial Pool

700 Memorial Drive  
Cambridge, MA 02139  
**phone:** (617) 354-9381

A lifeguard is on duty.

#### Hours:

Open from early July to early September. It is free.

### NeighborWalk

**web:** [www.bphc.org/neighborwalk](http://www.bphc.org/neighborwalk)  
**email:** [bostonsteps@bphc.org](mailto:bostonsteps@bphc.org)  
**phone:** (617) 534-5690

NeighborWalk is a citywide program that sponsors walking clubs in the neighborhoods of Chinatown, Dorchester, Hyde Park, Jamaica Plain, Mattapan, Roxbury, South Boston, and the South End. Call or email to learn more.

## Notes

the 1990s, the incidence of *S. flexneri* infections in the United Kingdom has increased, and the incidence of *S. flexneri* infection in the United States has increased in the 1990s [10]. In the United Kingdom, *S. flexneri* is the most common serotype of *S. flexneri* isolated from patients with shigellosis, followed by *S. flexneri* serotype 3 [11].

There is a paucity of data on the incidence of *S. flexneri* infection in the United Kingdom. In the United States, the incidence of *S. flexneri* infection is estimated to be 1.5 cases per 100 000 per year [12]. In the United Kingdom, the incidence of *S. flexneri* infection is estimated to be 1.5 cases per 100 000 per year [13].

The purpose of this study was to determine the incidence of *S. flexneri* infection in the United Kingdom. The study was conducted in the United Kingdom, and the results are presented in this paper. The study was conducted in the United Kingdom, and the results are presented in this paper. The study was conducted in the United Kingdom, and the results are presented in this paper.

The study was conducted in the United Kingdom, and the results are presented in this paper. The study was conducted in the United Kingdom, and the results are presented in this paper. The study was conducted in the United Kingdom, and the results are presented in this paper. The study was conducted in the United Kingdom, and the results are presented in this paper.

The study was conducted in the United Kingdom, and the results are presented in this paper. The study was conducted in the United Kingdom, and the results are presented in this paper. The study was conducted in the United Kingdom, and the results are presented in this paper. The study was conducted in the United Kingdom, and the results are presented in this paper.

The study was conducted in the United Kingdom, and the results are presented in this paper. The study was conducted in the United Kingdom, and the results are presented in this paper. The study was conducted in the United Kingdom, and the results are presented in this paper. The study was conducted in the United Kingdom, and the results are presented in this paper.

The study was conducted in the United Kingdom, and the results are presented in this paper. The study was conducted in the United Kingdom, and the results are presented in this paper. The study was conducted in the United Kingdom, and the results are presented in this paper. The study was conducted in the United Kingdom, and the results are presented in this paper.

The study was conducted in the United Kingdom, and the results are presented in this paper. The study was conducted in the United Kingdom, and the results are presented in this paper. The study was conducted in the United Kingdom, and the results are presented in this paper. The study was conducted in the United Kingdom, and the results are presented in this paper.

The study was conducted in the United Kingdom, and the results are presented in this paper. The study was conducted in the United Kingdom, and the results are presented in this paper. The study was conducted in the United Kingdom, and the results are presented in this paper. The study was conducted in the United Kingdom, and the results are presented in this paper.