

## February is Heart Health Month

February is Heart Health Month - a reminder for all of us to get more active, eat healthier, or take the time to de-stress. We can start by looking at how we spend our time getting to work, at work, and from work. Why not look into how to incorporate more healthy habits into that?



Commuting by car is a major source of stress. Changing the way you commute can help you be more active during the day and be less stressed. Studies have shown that bike riders are the happiest with their commute and on average lose 13 pounds during their first year of bike commuting! Transit riders get to incorporate walking or biking into their commute and get to sit back and relax during the ride. Many employers offer access to a gym or benefits for using active commuting options, ask how you can get access to these benefits.

Many employees without access to an employer gym have started walking groups during their lunch hour, ask around and see which colleagues might be interested in forming a walking group. Walking for 20-30 minutes helps you increase the amount of physical activity and helps you de-stress.

Talk to us to learn how you can make your commute more active, drive less, and get tax benefits.

To learn more about how to reduce heart disease risks, go to [theheartfoundation.org](http://theheartfoundation.org)

### Quick Links

[Programs & Services for Employers](#)

[NJ Smart Workplaces](#)

[Commuter Tax Benefit](#)

[Commuter Rewards](#)

[Carpooling](#)

[Vanpooling](#)

[Zline](#)



## We Love NJ Transit's New Commuter Tool Kit



The Commuter Tool Kit is a new NJ Transit Campaign to raise awareness about all the features available for both regular commuters and occasional travelers. Here are a few of the available tools:

- [My Transit Travel Alerts](#)
- NJ Transit Mobile App available for free from the App Store<sup>SM</sup> and Google Play<sup>TM</sup>
- MyTIX<sup>®</sup> allows you to purchase and display the ticket
- Departure Vision<sup>®</sup> offers real time information on departures, and track information
- My Bus<sup>®</sup> & MyLightRail information for buses arriving at your stop within 30 minutes or arrival times for the next scheduled buses or light rail trains
- WiFi is available at approximately 100 stations
- Quiet Commute cars are the first and last open rail cars on trains and in effect between 6 a.m and 8 p.m weekdays.
- Charging Kiosks for mobile devices are available at Penn Station New York, Newark Penn Station, Hoboken Terminal and Secaucus Junction
- Travel Savings in form of group sales, student passes, military members, senior citizens, passengers with disabilities, and OzonePass discounts.
- Language Line for people who need information in other languages and can be accessed at Transit Information Center at 973-275-5555

To see the complete list go to [njtransit.com](http://njtransit.com)

If you or your employees need commuting information, [contact us](#), we can help.

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## Our Communities Need Some Love Too

Communities thrive when people and places are connected with one another. But many of our communities lack the sidewalks, bike lanes, crosswalks, and other features that make these connections possible. The solution is “complete streets”, making our streets safe for all, including walkers, joggers, bicyclists, and drivers. They’re heart healthy streets too since it’s easier and safer to walk and bike!

The American Heart Association (AHA) identifies complete streets as “roads that have infrastructure and design components that allow safe and convenient travel along and across streets for all users and all modes of transportation.” AHA is working with state, municipal, and regional government to secure the passage of complete street policies.



The American Heart Association along with AARP, AAA Northeast, NJDOT, Sustainable Jersey, GMTMA, and others will be speaking

about Complete Streets at the Complete Street Workshop on February 28, 2017. The workshop will be held at the Ocean County Library from 9:30AM – 1:30PM. The event is free. We’d love to see you there!

Registration is [available here](#).

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# Heart Healthy Gift Ideas

We all enjoy receiving or giving gifts, why not make this Valentine's Day gift a heart healthy mobility gift! Here are a few ideas:

- A Bike Share membership can encourage someone to bike instead of driving. In Mercer County you can sign up with [Princeton Bike Share](#)
- A donation to a RideProvide rider's transportation account to give them some extra rides to the doctor or supermarket. Or donate to [RideProvide](#).
- Sports, biking or walking clothing and gear—especially reflective items
- A fitness tracker
- Public transit tickets
- Chocolates – dark, plain chocolate in moderation is heart healthy (no matter how you choose to travel!)



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