

We Love Trails



With the vision of Mercer County being home to a multi-use trail network that links communities and provides a safe, low stress option to motorized travel, GMTMA is beginning a planning study to support the development of the trails in Mercer County, Montgomery and Plainsboro.

GMTMA has engaged WSP, Inc. for the study which will include several public outreach sessions. The study will be completed in late 2018.

Quick Links

[Programs & Services for Employers](#)

[NJ Smart Workplaces](#)

[Commuter Tax Benefit](#)

[Commuter Rewards](#)

[Carpooling](#)

[Vanpooling](#)

[Zline](#)



Heart Healthy Gift Ideas

Valentine's Day is a few days away and not so coincidentally February is Heart Health Month so if you are looking for gift ideas, consider some of these heart healthy ideas:

- A gift certificate for a relaxing massage to reduce the harmful effects of stress on heart health
- A bike share membership to get around without a car. [Princeton Bike Share](#) is now available at multiple locations
- A fruit basket or a fruit bouquet
- A day pass at a museum can help add up to the daily steps total
- Dark chocolate in moderation has beneficial health effects

- A heart healthy cookbook to make the healthy meal planning easier when running out of ideas.

Show Your Employees Some Love (with our help)

Encouraging healthy, active commuting is good for your employee's health and for



productivity. You can take advantage of the commuter tax benefit program and assist your employees with public transit, vanpooling commutation costs, and bicycle commuting reimbursements. Employers can contact GMTMA for more information or go to gmtma.org.

GMTMA can also help with transportation tool kits to build sustainable transportation options for your employees. We offer employee education, transportation resources, ridesharing options, incentive program ideas, newsletters, annual employer recognition and more. To find out more about our services give us a call (609-452-1491), stop by, or send us [an email](#).

Show Yourself Some Love...

by taking care of your heart health. Active transportation is one of the easiest ways to fit in regular cardiovascular exercise. Walk or bike to work or transit, to school or to errands, to your friend's house or a local park. Your heart and your loved ones will thank you.

Interesting Finds for Employers

1. Interested in knowing how trends in transportation affect the economy? Check out the Transportation economic trends 2017 report - [available here](#).
 2. Case studies in promoting sustainable transportation <https://www.bestworkplaces.org/events/the-new-commute-employers-leading-the-way/>
 3. The Fourth Regional Plan contains many recommendations to make our region more equitable, healthy, sustainable, and prosperous. The plan offers an overview of the most urgent and potentially transformative ideas, including transportation and infrastructure <http://fourthplan.org/about/executive-summary>
-

Vanpool looking for riders



From: Ridley, PA (approx. 7 miles from Philadelphia Airport)

To: Carnegie Center in Princeton

Work hours
6:30 am - 4:30 pm

Please call (609) 452-1491 for more details

Happy Valentines Day!

[Click to view this email in a browser](#)

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

[Click here](#) to forward this email to a friend

Greater Mercer TMA
15 Roszel Rd
Princeton, New Jersey 08540
US

[Read](#) the VerticalResponse marketing policy.

vertical DELIVERED BY
response
Try It Free Today!