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.

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!

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