



August, 2021

Greenable Topic

Healthy Mobility

What should I know?

⇒ Travel strains often occur during the first mile and last mile associated with getting to or from a public transportation network. Walkable and bikable downtown areas, like Main St., are seeking to address this problem in access and equity. New bike routes and safer walking corridors help solve this age-old problem.

⇒ Walking and biking are affordable ways of incorporating physical activity into daily routines to fight obesity, chronic illness, and to improve mental health and a community sense of wellbeing.

Why is it important?

⇒ Small changes in transportation can lead to noticeable benefits, including cost savings, less pollution, and reduced noise. Safe bicycling and pedestrian experiences increase community-wellbeing and healthy travel options.

⇒ Healthy mobility is an important facet of a local economy, public health, social equity, and sustainability. Balanced transportation choices are vital to individual travelers and overall environmental health.

How can I get involved?

⇒ Take part in the new FREE Greenable Woodbridge bike share program, and help reduce carbon emissions from tailpipes, while building a sustainable zero-emission travel network. Download the FREE Movatic App to get started!

⇒ Make a plan to bike and walk as much as possible! It is a convenient way to get to know your neighbors. Biking and walking networks provide convenient and safe travel routes while reducing the dependency on carbon-emitting vehicles.

Reminders!

⇒ National Public Lands Day is September 25th! Click [HERE](#) to learn more about ways to volunteer and help the areas we love to walk and bike!

⇒ 14th Annual Tour de Woodbridge is coming soon in September! Check [HERE](#) for updates!

⇒ Be a part of the change. Learn more at: www.twp.woodbridge.nj.us/595/Greenable-Woodbridge