

# “A Conversation with Greenable Woodbridge” ..... ABC – Anything But Cars: Promoting walking and bicycling

## Introduction:

Do you want to “Go Green”? Do you know how to “Go Green”? Today we live in an environment that is threatened by global warming every second of our day; many of us want to learn how to live healthier "Greener" and more sustainable lives. So, the question is how does Anything But Cars (ABC), walking and bicycling create a “Greenable” environment? These are just a few ways in which we can do our part in helping our environment!

In recent years, terms like "Going Green" and "Eco-Friendly" have become the household talk at the dinner table. The term "eco-friendly" has been used for so many different products and practices; its meaning is almost in danger of being lost in translation. By definition and evaluation the actual meaning of “Eco-Friendly” can be implemented in the rituals and practices of our daily lives that will lead to healthier living for us.

Greenable Woodbridge has adopted a format for communication with Township residents called “The 12 Pillars of Sustainability.” Our August Pillar is Anything But Cars (ABC). Each week in August we will present options for Eco-Friendly transportation. Our recommendations will address the following:

- Week One: What is Anything But Cars?  
What other transportation options are there for me in?
- Week Two: Will traveling via public transportation help my environment?
- Week Three: Are Green Cars the answer?
- Week Four: **Bounce Back Your Fitness In 21 Days:** Benefits of Walking & Bicycling

## **Bounce Back Your Fitness In 21 Days**

### **Week 4 – The Benefits of Walking & Bicycling**

To lead a “Greenable” healthier life adding more physical activity to your life is the key. Walking on a regular basis to your next destination may lead to many health benefits as well.

#### What are the benefits of walking?

Walking is the most popular physical activity. Taking a walk is low cost and doesn't require any special clothes or equipment.

### **Walking may:**

- lower your risk of health problems like high blood pressure, heart disease, and diabetes
- strengthen your bones and muscles
- help you burn more calories
- improve your mood

Please make walking fun and motivational by going to places you enjoy, like a park or town shopping area. Bring along a friend or family member to chat with when you can or listen to your favorite music as you walk. **CAUTION:** Keep the volume low when listening to music so that you can still hear noises around you.

### **Do I need to see a doctor first?**

Most people do not need to see a doctor before they start our walking routine. But we strongly encourage you to seek your doctor's advice before starting if you answer "yes" to any of the questions below.

- Has your doctor told you that you have heart trouble, diabetes, or asthma?
- When you are physically active, do you have pains in your chest, neck, shoulder, or arm?
- Do you often feel faint or have dizzy spells?
- Do you feel very breathless after physical activity?
- Do you have bone or joint problems, like arthritis, that make it difficult for you to walk?
- Are you over 40 years old and have you recently been inactive?
- Do you have a health problem that might keep you from starting a walking program?

### **Starting is very simple.**

#### **1. Make your plan!**

- Plan to walk in several parks in Woodbridge Township

#### **2. Get ready!**

Below are the suggested supplies:

- Pedometer
- Comfortable Sneakers (preferable running or walking)
- Comfortable Shoes with proper arch support, a firm heel, and thick flexible soles

- Clothes that are breathable and comfortable (denim, dress shirts or dress slacks are not recommended) but, if you have no other option, continue regardless
- A hat or visor for the sun, sunscreen, and sunglasses
- A towel
- A bottle of water
- Positive Attitude & Motivation

### 3. Let's Go!

Divide your walk into four parts:

- Warm up by walking slowly.
- Increase your speed to a brisk walk raising your heart rate while still being able to speak and breathe moderately.
- Cool down by slowing down your pace.
- Post-Walk Stretch

As you are walking, be sure to use proper form:

- Keep your chin up and your shoulders slightly back but very relaxed. **NEVER TENSE YOUR MUSCLES!**
- Let the heel of your foot touch the ground first, and then roll your weight forward.
- Walk with your toes and knees pointed forward.
- Swing your arms naturally. (You may use light weight no more than 5lbs is recommended)
- When your comfort level raises and walking becomes easier, walk faster and go farther.
- Keep track of your progress with a walking journal or log.  
([http://www.freeprintablemedicalforms.com/preview/Walking\\_Log](http://www.freeprintablemedicalforms.com/preview/Walking_Log))
- Set goals and reward yourself with a relaxing shower or 30 minutes of quiet time to yourself.

### SAFETY FIRST!

Keep safety in mind as you plan who, when and where you will walk.

- Have a pet? Walking your dog will benefit both of you and you have protection while exercising
- Walk with others, when possible, and take your cell phone and ID with you.
- Let your family or friends know your walking time and route.
- **If it is dark outside, wear a reflective vest or brightly colored clothing and bring a small flashlight. (Not suggested to walk after dusk)**
- Be aware of your surroundings.

## 21 days to making walking a habit?

- The key to building any habit is to stick with the new behavior.
- Any new behavior you stick to for 21 days will become a habit.
- Continue to have a regular walking buddy and that will make you both accountable to help keep you going—even on days when you would rather stay home.
- You can cheer each other on and serve as role models for friends, family members, and others.
- Never let barriers come up, like time demands or bad weather.
- Here are a few ways to overcome those obstacles.
- On rainy days walk in Woodbridge Center or do your grocery shopping at your favorite grocery store <http://www.twp.woodbridge.nj.us/Green/ShopLocal/tabid/762/Default.aspx>
- If you have a setback, start again as soon as you can.
- With time, walking will become a part of your daily routine and when you don't do it you will miss it!

## How much do I need to walk?

There is NO set amount, but here is a suggestion.

Break it down.

21 minutes per day x 5 days per week = 105 minutes per week

Time restrictions?? Split it up.

10 minutes + 11 minutes = 21 minutes

*It is not a failure if you don't achieve these numbers. Build yourself up over time and you will gain more energy to tackle these goals.*

## Bicycling Safely Around Town

Bicycling is a common means of transportation as well as an increasingly popular source of recreation, exercise, and sport.

- Along with increased use of bicycles comes the risk of significant injuries. Injuries attributable to bicycling range from common abrasions, cuts, and bruises to broken bones, internal injuries, head trauma, and even death.

- From a statistical standpoint, bicycle riding has a higher death rate per trip or per mile of travel than being a passenger in an automobile.
- The most common cause of bicycle crashes is due to falls or collisions with stationary objects. Collisions involving motor vehicles account for most of all bicycle-related deaths and some nonfatal injuries. The majority of these bicycle deaths are caused by head injuries.

### **Principles of Bicycle Safety**

- **Bicycling training:** The best preparation for safe bicycle riding is proper training.
  - Common resources include an experienced rider, parent, or community program.
  - Initial training often involves simple instruction from parents on balance and pedaling.
  - Proper supervision of younger riders is a prerequisite. It is recommended that younger children ride only in enclosed areas.
- **Bicycle safety equipment:** Investment in safety equipment such as protective clothing and a helmet can prevent a significant number of injuries.
  - **ALWAYS WEAR A HELMET!** Adults and children are required to wear helmets when bicycling.
  - Helmets are extremely important. Helmet use has been estimated to reduce head injury risk by 85%, according to the Insurance Institute for Highway Safety.
  - Reflective clothing for nighttime or low-visibility conditions
  - Bicycle reflectors on frame and wheels
  - Proper bicycle selection
  - Bicycle maintenance
- **Bicycling safety guidelines:** Consideration of these tips can further reduce the risk of a bicycle accident.
  - Use a bicycle only in a way that is appropriate for the age of the rider.
  - Be aware of the need for experience and skill before bicycling on public roads.
  - Less experienced bicyclists should be educated about the rules of the road.
  - Be aware of the understanding among bicyclists and motorists about sharing the road.
  - Promote and ensure safe motorist and bicyclist practices (proper speed, yielding right-of-way, not driving or riding while under the influence of alcohol or drugs). In some states in the U.S. it is illegal to ride a bicycle under the influence of alcohol and may lead to a BUI (bicycling under the influence).
  - Teach increased awareness of surroundings. (Beware of opening car doors, sewer gratings, debris on roads, uneven surfaces, poorly lit areas.)

### **Obey traffic rules**

- Cyclists must follow the same rules as motorists. Use correct hand signals before turning.
- Because we all share the same road, obeying the rules of the road allow for an enjoyable and safe ride for both bicyclists and motorists.
- **Ride in single file with traffic**, not against it.

- Avoid major roads and sidewalks.
- Announce your presence ("On your left") on bike and walking trails as you come up behind and pass pedestrians and other riders.
- Enforcement and legislation can increase bicycle safety.
  - Mandating use of protective devices (helmets, reflectors): Twenty-one states and the District of Columbia have helmet laws requiring young bicyclists to wear helmets.
  - Bicycle-friendly community and community planning, for example, establishing bicycle lanes and bike trails or rails-to-trails programs.

**\*Medical Disclaimer**

Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise program. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider immediately. Participating in the suggestions provided by the Anything But Cars Committee & Bounce Back Fitness is voluntary.

**When To Contact Your Physician**

Contact your physician immediately if you experience any symptoms of weakness, unsteadiness, light-headedness or dizziness, chest pain or pressure, nausea, or shortness of breath. Mild soreness after exercise may be experienced after beginning a new exercise. Please contact your physician if the soreness does not improve after 2-3 days.

**Future Bicycling Revolution coming to a street near you!**

The Copenhagen Wheel: <https://www.superpedestrian.com/>

Proposed Bicycle Lanes<sup>[P2]</sup>

## References:

1. eMedicine Health  
[http://www.emedicinehealth.com/bicycle\\_safety/article\\_em.htm](http://www.emedicinehealth.com/bicycle_safety/article_em.htm)

2. Pedestrian and Bicycle Information Center  
<http://www.pedbikeinfo.org>

3. National Center for Safe Routes to School

<http://www.saferoutesinfo.org>

1. Department of Transportation  
National Highway Traffic Safety Administration (NHTSA) Eastern Region

2. BicycleSafe.com

<http://bicyclesafe.com/>

1. Lesson 1: Walking Safely Near Traffic

[www.nhtsa.gov/staticfiles/nti/pedestrian/pdf/CPSC-K1-LessonPlan.pdf](http://www.nhtsa.gov/staticfiles/nti/pedestrian/pdf/CPSC-K1-LessonPlan.pdf)

1. Walk This Way| Safe Kids Worldwide  
<http://www.safekids.org/walk-way>

2. Middlesex County Greenway

<http://www.trailink.com/trail/middlesex-greenway.aspx>

1. The Walking Site

<http://thewalkingsite.com/beginner.html>

1. American Heart Association

<http://startwalkingnow.org/>

1. TransOptions  
<http://www.transoptions.org/driving-cost-calculator>
2. EcoLife  
<http://www.ecolife.com>
3. New Jersey Department of Environmental Protection  
<http://www.nj.gov/dep/baqp/green.html>
4. The Greenhouse Brochure  
[http://www.apta.com/resources/reportsandpublications/Documents/greenhouse\\_brochure.pdf](http://www.apta.com/resources/reportsandpublications/Documents/greenhouse_brochure.pdf)

#### YouTube Videos:

\*Watch YouTube videos without comments, ads, or other distractions.  
(<http://www.viewpure.com/>)

## 1. **Solar Powered Transportation Pods Coming To Secaucus**

<https://youtu.be/67RVNx3JC-U>

1. Simpleshow Explains the Carbon Footprint

[https://youtu.be/8q7\\_aV8eLUE](https://youtu.be/8q7_aV8eLUE)

1. Transporting America: United Streetcar

[https://youtu.be/6SFbI\\_I6nFs](https://youtu.be/6SFbI_I6nFs)

1. Car Efficiency Tip: Drive Less  
<https://youtu.be/uAsBZpxwW64>

2. Alternative To Driving A Car

<https://youtu.be/ZzP72EY5SY8>

1. Tomorrow's Transportation - Alternative Energy Cars

<https://youtu.be/WFa7b6dFkY>

2. Copenhagen Wheel - Product Development Update

<https://youtu.be/AtAQ6dA3WhQ>

1. Will the Copenhagen Wheel Fit My Bicycle

[https://youtu.be/xcp3GeFPw\\_A](https://youtu.be/xcp3GeFPw_A)