



## e-Connections 2.6.14

*February's edition of e-Connections is dedicated to all matters of the Heart*



### Have You Met That Special Someone Commuting?

If so, let us know – And you'll be entered to **Win!**  
**Love gets its own special day this month!**

Cupid's arrow can strike in unlikely places—and public transit is one of them. Love connections are made and soul mates are found on trains and buses and subways. Yes, it's a plot line that Hollywood rom-coms are known for, but it's also the stuff of real life stories. And we are certain that some of you have a story to share. Have you found love on light rail? Wedded bliss because of the bus? Romance on the rails?

Share your stories with us! We'd LOVE to hear them and feature them in an upcoming blog on Valentine's Day. Your story could win you a \$75 gift card to treat your special someone. Send your love story to GMTMA [tma@gmtma.org](mailto:tma@gmtma.org) by February 10<sup>th</sup>.



**This much we know is true—you do not fall in love while driving alone in your car.**  
**Romance... just one more great reason to ride public transit!**  
(Help spread the word on facebook and twitter)

### Love Your Commute & Your Heart



Is your commute making you sick? It could – the longer the commute the greater the risk of developing health problems that can affect your heart. Some studies have shown that people with commutes longer than 30 miles (roundtrip) tended to be less physically active. Chances are they are also more likely to be obese and to have an unhealthy waist size. Excess belly fat is a known risk factor for diabetes, heart disease, strokes, and other serious health problems. Blood pressure appeared to be even more sensitive to commuting distance

The shorter your commute the better. Employees who work within five miles of their home tend to find the time to exercise and have more active and "greener" transportation options available, such as bicycling or walking to work. Besides moving closer to where you work, what else can you do to make a more Heart Healthy commute? Alternative commutes are not only environmentally friendly there are ways to make them healthier too.

- **Take The Bus** – Try getting on and off the bus before your usual bus stop and walk the rest of the way. Walk at lunch time to do errands.
- **Ride The Train** – Bike or walk to the station. Take your bike along with you to continue your commute once you get off the train.
- **Join A Carpool/Vanpool** – Arrange to meet your Pool at a location where you can walk to it. Enlist your Pool members to form a walking group at lunch or stop at the gym on your way home. If you're the driver, don't take advantage of reserved spaces for

carpools. Park at the farthest end of your employer's parking lot and walk.

## ***Exercise and commuting can go hand-in-hand (or foot-by-foot).***

### **We'd Love It If You'd Renew Your Membership**

It's that time of year to renew your Greater Mercer TMA membership. If you have already done so, **thank you**. If not, please let us know that you plan to renew your membership by sending us an [email](#). If by chance you have misplaced your renewal packet, we will be happy to send you another. Show your TMA some **Love** and renew your membership by Friday, February 14<sup>th</sup> (Valentine's Day).

### **Have A Date?**

#### **Spring will be here before you know it (we hope)**

If you are you planning an Earth Day, Safety, Community Event or Transportation Fair, we'd be happy to participate. Greater Mercer TMA's staff will bring a new assortment of brochures, information and FREE give-a-way items-sure to engage your attendees.

Spring is right around the corner, so take time now to have us join you at your next event.

Need help planning an event? We can help with that too.

Contact Aly - [email](#)

### **Spread The Love – Not The Snow**

#### **"Clean It Before You Go"**



Show your fellow commuters you care, by remembering to clean your car of ice and snow before you go. And, to help remind you and your employees, the TMA has a supply of the palm cards (shown here) to hand out. Contact [Aly](#) and let her know how many palm cards to send.

### **The Nation Loves Transit**

Nearly 2.7 billion trips were taken on U.S. public transportation in the third quarter of 2013, according to a report released today by the American Public Transportation Association (APTA). This is a 1.5 percent increase over the same quarter last year, representing an increase of more than 39 million trips.

Besides new construction and extensions of transit services, ridership increases were also due to factors such as high, volatile gas prices and recovering local economies.

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