WALK METUCHEN

Dear Metuchen Resident:

We are pleased to announce a truly innovative program that links pedestrian friendly community planning with the health of the residents of the community.

Over the last several years, Metuchen's Master Plan has promoted pedestrian programs as a way of reducing traffic congestion in the borough. As a result of the borough's initiatives in this area, the Robert Wood Johnson Foundation, a major foundation focusing on health related issues, has provided Metuchen with funding that allowed the borough to design walking programs in our neighborhoods. Residents who take advantage of these safe well-marked street paths to our downtown will not only help us to reduce traffic congestion and pollution but they will also contribute to their own good health.

I hope that you can find the time in your busy schedule to take advantage of this program.

Sincerely,

Ed O'Brien
Mayor

DID YOU KNOW?

· More people walk, than participate in any other fitness activity across the United States?
· Walking 4 times a week, 45 minutes each, the average person can lose 18 pounds a year with no change in diet.
· Walking at any level or speed, 2 or 3 times a week for at least 20 minutes, increases cardiovascular strength.
· Walking is low-impact exercise, which puts less strain an bones & tissue.
· Why walk? Its simple, its social, its easy!

RULES -

· Walk defensively. Don't assume the pedestrian has the right-of-way, or challenge vehicles.
· Wear light-colored or reflectorized clothing at dusk, dawn or at night.
· Always carry identification in case of an accident or medical emergency.
· If possible, walk with a companion.
· Warm up by walking slowly for about 5 minutes.
· After you walk, always remember to stretch.

TIPS -

· Keep your shoulders down and your back straight.
· Bend both elbows to 90° angles
· Pump your arms, don't lean forward.
· Wear comfortable, well-fitted sneakers.

WALK METUCHEN

A Healthy Communities Program Sponsored by the Borough of Metuchen and the Robert Wood Johnson Foundation

WALK METUCHEN

Walking Paths-

- **Olmezer** • *Northeast* 2.4 mi.
- **Durham** • *Northwest* 2.2 mi.
- **Pool** • *Southwest* 2.1 mi.
- **Oakland** • *Southeast* 1.7 mi.
- **Business District**

Map Legend-

- ⭐ **Walkway Start Sign**
- **Landmarks**
- **Public Parks**

Look for these guide posts to show the direction of each color-coded walking path

Map labels

St. Joseph's H.S.
Clive St.
Norris Ave.
Metuchen H.S.
Olmezer Park
Christol St.
Plainfield Ave.
Liberty St.
Midland Ave.
Middlesex Ave. (Rt. 27)
Center St. Park
Center St.
Main St.
Central Ave.
Metuchen D.P.W.
Campbell School
Metuchen Library
Clarendon Ct.
Grove Ave.
Metuchen P.O. Annex
Durham Ave.
Metuchen Boro Hall
Dellwood Ave.
Rector St.
Durham Ave.
John St.
Center St.
Hillside Ave.
Oakland Park
Oakland Ave.
New Durham Rd.
Middlesex Ave.
New St.
Lake Ave. (Rt. 27)
Metuchen Train Station
Woodbridge Ave.
Eggert St.
Bridge St.
Hampton Park
Metuchen Post Office
Moss School
Memorial Park
Essex Ave. (Rt. 27)
Spring St.
Graham Ave.
Amboy Ave.
Thomas Park
Main St.
High St.
Lake Ave.
YMCA
Lincoln Ave.
Myrtle-Charles Park
Rose St.
Brunswick Ave.
Edgar School
Edgar Park
Whitman Ave.
Metuchen Municipal Pool
Orchard St.
Main St.

NORTH