



The Fairmount Greenway And Codman Square: *Promoting a Healthy Lifestyle*

Issue #4

The plan for the Fairmount Greenway is a path running alongside the Fairmount Commuter Rail Line that will link nearby existing and new open areas, creating a ribbon of green space that weaves back and forth through the adjacent neighborhoods. A multi-use pedestrian and bicycle path will span the length of the Fairmount Line from Downtown Boston to Hyde Park and provide connections between parks, community gardens, schools, historic sites, community centers and shopping districts.

Studies have shown that access to parks, playgrounds, safe streets, and non-motorized travel options are just as important to your health as your cholesterol count or your weight. The Fairmount Greenway expects to bring all these health benefits to the Codman Square neighborhood.



The Fairmount Greenway
In Our Neighborhood

Promoting Community Health



The Fairmount Greenway can actually improve the life expectancy of our community by making it easier to walk, bike, and participate in other activities. Besides the health benefits of getting outside, the new paths and access ways are expected to help facilitate positive social interaction, getting people out of their homes, and more involved in their community.

“Trees on sidewalks make it nicer to walk, encouraging people to exercise more. In addition, those same trees create a sense of community in which people interact and look out for each other more, which reduces crime and makes streets safer. Less crime reduces stress, which is harmful to long-term health.”
Dr. Anthony Iton M.D., J.D., M.P.H.
Senior Vice President for Healthy Communities at the California Endowment

For information on The Fairmount Greenway contact Codman Square NDC at 587 Washington St, Dorchester, MA 02124 (617) 825-4224 or visit us online at www.csndc.com

