"TCooling and stress relief impacts of green are important to keep people doing outdoor activities. This study explored how the green amounts counterbalance the negative impact of stressors (e.g., thermal discomfort, uncomfortable sidewalk conditions, etc.). The field experiment includes the biking and walking activities conducted in the city of College Station to collect microclimate and physiological data. Thermal discomforts were measured using the energy-budget model COMFA. It’s calculated based on microclimate conditions (air temperature, wind speed, solar radiation, relative humidity, solar elevation), personal characteristics, and activity intensity. Normalized difference vegetation index (NDVI) was used to quantify the level of greenness, and other environment variables along the study route were calculated using the ArcGIS software. The result of the multivariate regression model with covariates (age, gender, and BMI) shows the positive impact of greenness on physiological status and the negative impact of thermal discomfort. " 