



Formerly NJ Foundation for Aging

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Aging Insights TV Episode 124 - “New Year, New You: How physical therapy can help you reach your fitness goals”



Trenton, NJ (January 2021) – For older adults in particular, the adage “use it or lose it” is true, says Physical Therapist Joanna (Jo) Goldin of Califon, NJ (pictured), a 1983 graduate of Physical Therapy School in London, England.

Goldin – who worked on the Women's Professional Tennis Tour and was the US Women's National Tennis Team Physical Therapist for 10 years – is the featured guest on Episode 124 of Aging Insights TV, hosted by Cathy Rowe, DrPH.

“New Year, New You: How physical therapy can help you reach your fitness goals,” is produced by NJ Advocates for Aging Well in conjunction with Piscataway Community Television. The program can be viewed on NJAAW’s [website](http://njaaw.org) at njaaw.org, [YouTube channel](https://www.youtube.com/channel/UC...) at youtube.com/njadvocatesforagingwell and more than 70 public-access stations across NJ (check local listings for channels and times).

Goldin has worked in the UK, Australia and the US in various Physical Therapy settings. She owned her own outpatient clinic in Denver, CO, for 12 years and then relocated to New Jersey in 2013. She currently works in medical sales for dorsaVi and still loves playing tennis herself.

Goldin discusses topics significant to the aging process, including the importance of staying as mobile as possible at all times; how to increase bone density; the value of examining your sneakers for wear, support and fit, and how physical therapy can help prevent injury and maintain health. “Stronger bones lead to less injuries,” reminds Goldin, noting that people should exercise with input from their medical professionals.

Four members of the Piscataway Senior Center – Cara Gutentag, Edita Arcenal, Ardys Sapchin and Joyce Coles – join Goldin to demonstrate gentle chair stretches and exercises using a broom, towel, bike pedal exerciser, hand weights, resistance bands and therapy putty. Goldin notes that such items are available in sporting goods stores, some retail chains and online.

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About NJAAW

NJ Advocates for Aging Well (NJAAW, njaaw.org) has been at the forefront of revolutionizing the aging experience since 1998. It is the only statewide nonprofit focused solely on providing leadership in public policy and education to enable older adults to live with independence and dignity in their communities. NJAAW’s social action issues include senior housing and hunger, elder economic security, older workers and transportation. Aging Insights, a monthly topical TV program produced by NJAAW, connects caregivers, older adults and their families to community-based services and resources. The show is available on NJAAW’s [YouTube channel](https://www.youtube.com/channel/UC...), [website](http://njaaw.org) and public-access stations across NJ (check local listings for channels and times). NJAAW also presents educational forums and an Annual Conference offering development opportunities and best practices for professionals entrusted with caring for aging adults