



NEW JERSEY
FOUNDATION FOR AGING

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Press Release

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Ageing Insights- Fitness At Any Age

Trenton-- The New Jersey Foundation for Aging (NJFA) has filmed the third episode of *Ageing Insights*, the Foundation's new cable program. This third episode will be broadcast in December. *Ageing Insights* focuses on information about aging issues and services. The program is available to public access stations.

NJFA's Program Manager, Melissa Chalker hosts the December show which looks at Fitness at Any Age. The guests include Margie Bissinger, a physical therapist and Luci DiPolvere, a very active senior. Margie takes us through some programs that she helped the NJ Department of Health and Senior Services create. Those programs include, Project Healthy Bones, a fitness and instruction program focused on those with osteoporosis and Move Today an exercise program for older adults that can be done by individuals at various mobility levels. Mrs. DiPolvere shared her insights as to how she stays so active and healthy, including her involvement in the Saturday Evening Dance Club, which hosts formal ballroom dances throughout the year. NJFA was fortunate in that the Club allowed us to join them for an evening and so during this episode you will see video footage of the dancers. In addition to dancing Luci and her husband participate in many activities and exercise classes at their local senior center.

Tying together both of our guests, we also discussed the importance of posture, Margie was able to demonstrate good posture and also give some tips and exercises for maintaining good posture. In this episode you will also see a reference to the book, *Get Fit*, which is available at the NJ Department of Health and Senior Services website: <http://www.nj.gov/health/fhs/njcdfs/getfit.shtml> We hope you will tune in and learn how you can get fit or stay fit at any age!



From left to right: Margie Bissinger, Physical Therapist, Luci DiPolvere, and NJFA's Melissa Chalker.

To learn more about the work of the Foundation visit www.njfoundationforaging.org or call 609-421-0206. The New Jersey Foundation for Aging was established in 1998 to create ongoing financial support for aging services in New Jersey. Its mission is to expand innovative approaches in the delivery of services that enable older adults to live in the community with independence and dignity.

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