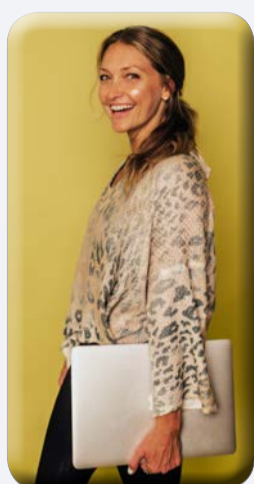


Local Spotlight with Danielle

Let's Get Moving Wellness: Healthy Aging Start Now

By Danielle Gannon

The Cardinal Contributing Writer



Meet Kaitlyn Joffey of Let's Get Moving Wellness. Kaitlyn's spirit is that of a genuine listener, a trait evident in her immediate presence.

With her Bachelor of Science in Physical Sciences and her Doctorate in Physical Therapy, she knows a thing or two about the body, especially its movement. Kaitlyn spent most of her career working with a physical therapy company, visiting people after they were hurt or injured. Shortly after her second daughter was born, she decided to open her own practice, focusing on being proactive and preventive.

Kaitlyn's work focuses mostly on two populations of people: older adults, 65+, discharges from Physical Therapy, or ones that are proactive, and individuals with chronic and neurological disorders. Through her daily travels and interactions with people, she became increasingly aware of the need for proactive prevention.

Something traditional medicine does not shine a light on, and insurance does not cover.

A personal trainer for the body and brain is a good way to describe Kaitlyn. She meets with her clients, assesses what they want to achieve, and creates a plan. Each plan is very unique and specific to the client's individual needs. Some come to her because they recognize a need in themselves for physical movement, others recognize their age and want to make sure their brain remains sharp, because they've witnessed their peers declining. Some come to her themselves, others are referred to her by their family and friends who meet Kaitlyn and recognize the positive impact she can have on well-being.

Kaitlyn shifted from Physical Therapy to Let's Get Moving because she wanted to empower adults to age in a healthy way. Inspiring people to take control of their lives with small changes, from diet and movement, will "put them in the driver's seat, right where they need to be," says Kaitlyn. "Getting older is inevitable, but aging isn't".



A traditional client home visits look like this: First day focuses on health intake. Kaitlyn will sit and talk to the client, gaining full awareness of what is needed. Together, they come up with a plan. At the next appointment, Kaitlyn arrives with her "toolkit" full of different movement modalities. She models for the client who now takes the tool and moves with Kaitlyn's guidance. Other times, she will meet clients at a grocery store and walk the aisles with them to show them how to shop. This way, the client is doing it alongside Kaitlyn and can then do this on his or her own, moving forward. She guides her patients along the way to make better choices. Choices that have a large impact. Some days, Kaitlyn meets clients at a park, and they do pole walking; other times, they hop on Blaze pods. Whatever they are doing, you can be certain there is an emphasis on brain and body fitness.

"There is nothing more rewarding than being with people at this stage of life, who want to strengthen their minds and bodies, so they can lead fulfilling days," says Kaitlyn. She always makes sure that the "tools" in her "toolkit" are cost-effective, so that when she leaves and takes them with her, clients are not hard pressed to get the same tools and use them in their homes when Kaitlyn is gone. She is setting the stage for them, and they are following her guidance.

Good collaborative and referral businesses for Let's Get Moving Wellness are: Physical Therapy places, Homecare Agencies, Doctors, 55+ communities, and adult children. The bottom line is prevention, and it starts with LGM Wellness.

"We all know what we are supposed to do, but how to do it is the missing link," states Kaitlyn. This is where she comes in. She is the link between recognizing you need to change and the change itself.

How empowering is it to be proactive with your life? To take charge and lay out the best possible way for you to achieve longevity of both the body and brain. Reach out to Kaitlyn, you will be so grateful you did.

Visit Let's Get Moving at lgmwellness.com, IG: @lgmwellness. Stop by and visit Kaitlyn at Pennswood Village, July 22nd at the Wellness Fair.

Danielle Gannon is a local Bucks County entrepreneur.

She is Founder & Creative Director of Local Spotlight with Danielle.

Find her on IG @localspotlightwithdanielle www.localspotlightwithdanielle.com