



**ADVANCED ORTHOPEDICS
AND SPORTS MEDICINE INSTITUTE, PC**
A CENTER OF EXCELLENCE FOR BONE AND JOINT CARE

www.AdvancedOrthoSports.com

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Press Release

March 1, 2009

Advanced Orthopedics and Sports Medicine Institute of Freehold, New Jersey Names Gail Plaza as Director of Wellness Program

Gail Plaza of Manalapan, New Jersey has been named wellness and fitness director of Advanced Orthopedics and Sports Medicine Institute. The orthopedic surgeons at AOSMI (Advanced Orthopedics and Sports Medicine Institute) in Freehold established the position as a major effort to ensure that active adults stay active, healthy, and strong.

Gail Plaza will be in charge of visiting active adults and students in Monmouth, Ocean, and Middlesex counties. During these visits she will offer free educational wellness seminars in health, wellness, and nutrition, among other topics. AOSMI's philosophy is to offer complete patient care by offering services that will help people maintain their current activity levels, promote good health, or restore health and fitness.

Through AOSMI, Gail Plaza developed a program that urges people at any age—her oldest client is 80—to live healthier lives through exercise, nutrition, stretching, flexibility, and weight training. Gail says, "I want people to know that as long as you're breathing, it's never too late to move your body and to exercise."

Plaza graduated with honors in business from The Berkeley College, West Paterson. She is earning a degree in psychology and health sciences at Brookdale Community College, Lincroft. She holds a medical assistant certificate of completion from Medical Career Institute, Ocean, and is certified as a personal trainer by ISSA (the International Sports Science Association). Plaza is also certified as a hypnotherapist by the American Board of Hypnotherapy. She held certification as an EMT (Emergency Medical Technician) from Bergen Community College, Paramus, for six years, and she served as a volunteer for eight years with the Rutherford Volunteer First Aid Squad.

Before becoming the director of wellness and fitness at AOSMI, Plaza was a medical assistant at Family Practice of Central Jersey, Freehold, NJ. In this capacity, she drew blood samples, did physicals, administered EKGs, and monitored vitals, among other duties.

For information about free educational seminars, contact Gail Plaza at 732-720-2541 or

gplaza@AdvancedOrthoSports.com.

Today, the surgeons at Advanced Orthopedics and Sports Medicine Institute provide the Monmouth County community with specialists for every orthopedic need. Advanced Orthopedics and Sports Medicine Institute provides advanced medical care in Freehold, New Jersey with leading doctors and surgeons, state-of-the-art technology, and exceptional Patient-Centered, Patient-Focused Care™. The seven practicing physicians at AOSMI have a combined 100 years of experience providing exceptional orthopedic care to the New Jersey community of Monmouth County.

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