

OCTOBER 2022



LOLA SKENANDORE
MEMBER OF THE MONTH

ONEIDA FAMILY FITNESS



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Share a little something about yourself.

I have a 9-year-old rockstar kiddo and 2 cats--Red and Kitty Forman. Pickles are everything and I love car rides with no destination. Sarcastic as they come with a splash of sunshine :)

What motivates you to work out?

1000% My health, my family, and my sanity!

Have you had any setbacks? And if so, were you able to overcome them? How did you do it?

I've pulled some muscles...hurt my back. I had to actually listen to my body and rest, then ease back into a routine.

What exercises do you like to include in your workouts?

Weight training! Watching the weights increase every week has been so exciting to watch. I love to challenge myself and feel so accomplished after a good session!

Best fitness advice?

Seriously...just start. Just begin. Stop the excuses and go for it. Show up for yourself!

What do you enjoy most about Oneida Family Fitness?

Everyone is so nice and supportive! Some days I don't believe in myself or my efforts but guarantee staff is always encouraging! I also like the hours because I can come early in the morning and struggle in peace! :)

What's something about you (a fun fact) that not many people know?

I can do a MEAN Sarah Palin impersonation.

What lifestyle changes accompany your dedication to working out (diet, time, attitude)?

I eat a lot cleaner now and try incorporating our traditional foods in my diet more. Even on the days I don't want to work out--I do. I remind myself it's work...but worth it. I have yet to regret a workout.

Congratulations, Lola! Your dedication to maintain a healthy lifestyle inspires others!

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