

DECEMBER 2022



**NATHAN CUTBANK**  
**MEMBER OF THE MONTH**

ONEIDA FAMILY FITNESS



# NATHAN CUTBANK

## **Share a little something about yourself.**

Lifting weights and being physically active has been a big part of my life growing up. I also enjoy spending time with family and friends.

## **What motivates you to work out?**

For my health and overall well-being.

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

Getting over that fear factor of lifting heavy on leg days after tearing my meniscus a while back. With hard work and consistency, I am able to do leg workouts without any pain or discomfort.

## **What exercises do you like to include in your workouts?**

Weight lifting, cardio, high-intensity interval training. I'm always trying to switch things up throughout the weeks.

## **Best fitness advice?**

Motivation sets the goal, but discipline works it to accomplishment. You are not always going to be motivated to go to the gym, so staying consistent is key.

## **What do you enjoy most about Oneida Family Fitness?**

I love how friendly the staff are, everyone waves or says hello when I see them.

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

People assume I'm a Packer fan, but its Vikings all the way! SKOL!

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

I make working out a priority so regardless of what I have going on each day, I always find or make time.

## **Congratulations, Nathan! Your dedication to maintain a healthy lifestyle inspires others!**

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