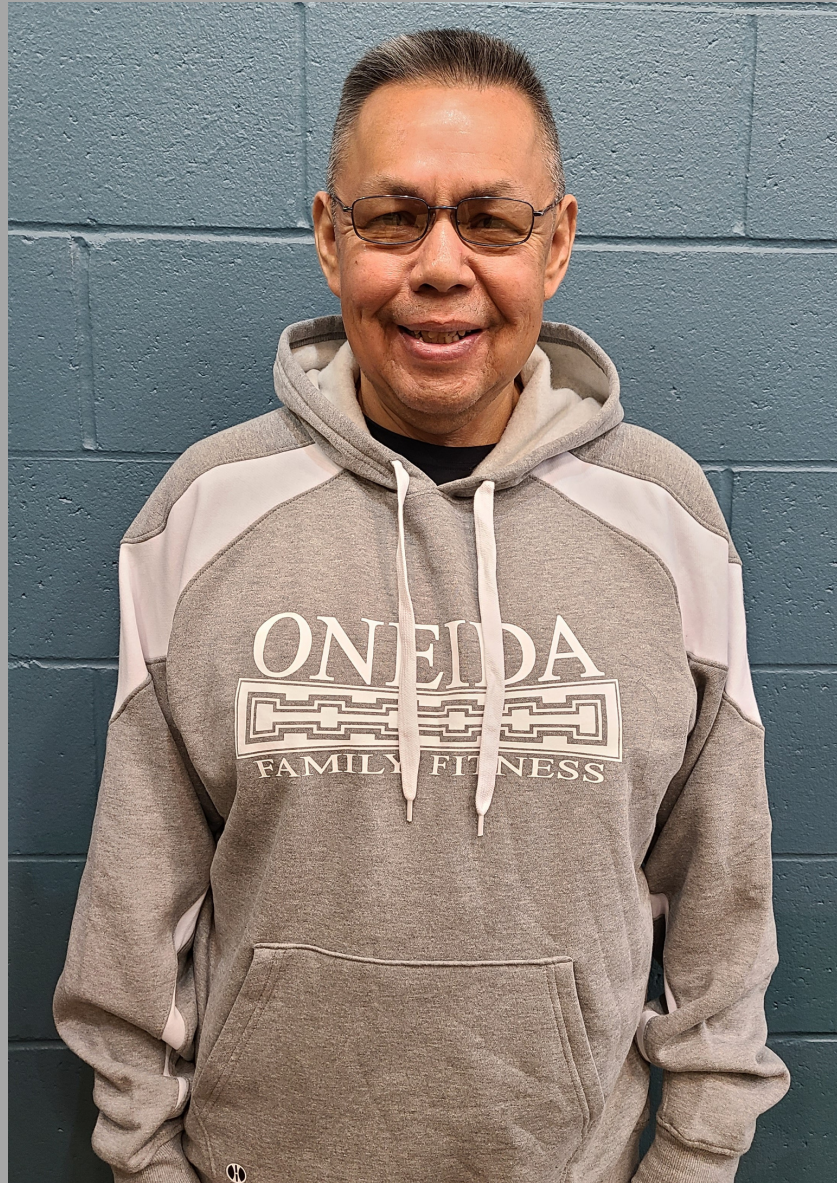


NOVEMBER 2022



JOE YAZZIE
MEMBER OF THE MONTH

ONEIDA FAMILY FITNESS



JOE YAZZIE

Share a little something about yourself.

I'm happily married to the love of my life--my beautiful wife & best friend, Val. I have 2 German Shepherds, Uskah & Dagen. I have a huge passion for Jeeps, German Shepherds, photography, and heavy metal music.

What motivates you to work out?

My health and my wife's well-being.

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

Family is my #1 priority, but I still make sure to make the effort to get to the Fitness Center and work out.

What exercises do you like to include in your workouts?

Arm Ergometer is my favorite. Also free weights.

Best fitness advice?

Be patient and persistent. Life is not so much what you accomplish as what you overcome.

What do you enjoy most about Oneida Family Fitness?

The equipment. The employees most of all.

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

I love volunteering at a local German Shepherd rescue.

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

Loss of weight has made mobility easier.

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

ONEIDA FAMILY FITNESS