

APRIL 2023



LARRY BARTON
MEMBER OF THE MONTH

ONEIDA FAMILY FITNESS



LARRY BARTON

Share a little something about yourself.

I have visited the Oneida Family Fitness center since opening in the 1980's.

What motivates you to work out?

Maintain good health and set a good example for community & family.

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

Restarting after Covid closure took time to get back in shape.

What exercises do you like to include in your workouts?

Weights and running consistently; A balance of strength training and cardiovascular fitness.

Best fitness advice?

Seek out the guidance and expertise of the staff at O.F.F.

What do you enjoy most about Oneida Family Fitness?

The staff is friendly and positive toward a welcoming environment.

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

I ran and finished the Fox Cities Marathon.

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

Limit sugar intake and enjoy the "work" part of working out.

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

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