

JANUARY 2023



**ROLAND COUTURE
MEMBER OF THE MONTH**

ONEIDA FAMILY FITNESS



ROLAND COUTURE

Share a little something about yourself.

I'm originally from the Bad River Rez in Northern WI. I'm a retired Navy Veteran having served literally around the globe. Love the outdoors: hunting, ATVing, boating, and in the late summer harvesting rice.

What motivates you to work out?

In the past, my main goal was to maintain good physical readiness for the military. Now, it's just really nice to get away at lunch and have some fun.

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

I think there are always going to be setbacks, physical or mental. During the Covid shutdown, we had to be creative, from running stairs in the casino parking ramp to joining friends for workouts down by the driving range.

What exercises do you like to include in your workouts?

For the most part, I enjoy the Noon classes because of the variety. Also try to mix in some weight training.

Best fitness advice?

Just try to stay consistent. If you find an activity you like, then do it!

What do you enjoy most about Oneida Family Fitness?

Definitely the staff. Being a member for as long as I have, it's nice to consider the Fit staff as friends.

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

I like to cook, particularly on the smoker! Trying different techniques and recipes., and then trying them out with family & friends.

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

I think it's all about balance: balance between family, life, and yourself. If you can maintain that balance, then everything will fall into place.

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

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