

MARCH 2023



**MELISSA SKENANDORE
MEMBER OF THE MONTH**

ONEIDA FAMILY FITNESS



MELISSA SKENANDORE

Share a little something about yourself.

I am an active and outgoing person. Between spending time with my family, carting around my kids, and working; I love getting some stress out at the gym.

What motivates you to work out?

My biggest motivation is to try to keep my best health in mind. Also getting rid of stress. Then I also have to keep up with Stephanie, she's very motivating to me.

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

I would say my biggest setback was axing my ankle. As much as I wanted to get going right away, I would really get nervous I would hurt my ankle more. It took some time, but I pushed through it.

What exercises do you like to include in your workouts?

My favorite exercises are really just having a whole mixture. Mixing together cardio, arms, legs, core. I always look forward to switching it up.

Best fitness advice?

My best fitness advice would be to never give up. Always fight through the tough exercises because it only makes you feel stronger in the end.

What do you enjoy most about Oneida Family Fitness?

I really enjoy the classes and trainers. The gym family that has been created and the all-around atmosphere of working together and motivating one another.

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

A fun fact about me is I am a big animal lover and would love a small hobby farm someday.

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

I try to rearrange things in my day to make time for working out. I try to go in with a positive mind frame and get myself excited to make it through another class.

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

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