

JUNE 2023



***DEBRON DANFORTH
MEMBER OF THE MONTH***

ONEIDA FAMILY FITNESS



DEBRON DANFORTH

Share a little something about yourself.

Hi, I'm Debron Danforth and I come from a family of athletes. I'm the youngest of my siblings. My older brother is David Danforth III. My mom & dad are David Danforth, Jr. and Tanya Danforth.

What motivates you to work out?

I play high-level basketball and it's really competitive so I have to train really hard to compete at this level.

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

Yes, I didn't make a few basketball club teams that I wanted to make and now I am able to play on those club teams from training really hard.

What exercises do you like to include in your workouts?

Strength, agility, conditioning, and basketball skills training.

Best fitness advice?

Never give up and treat every day like its your last.

What do you enjoy most about Oneida Family Fitness?

It's a peaceful training environment.

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

I'm a jokester and I like to make people laugh and it is hard to work out around me because of that.

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

Mainly diet, time, and attitude in all aspects in order to improve.

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

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