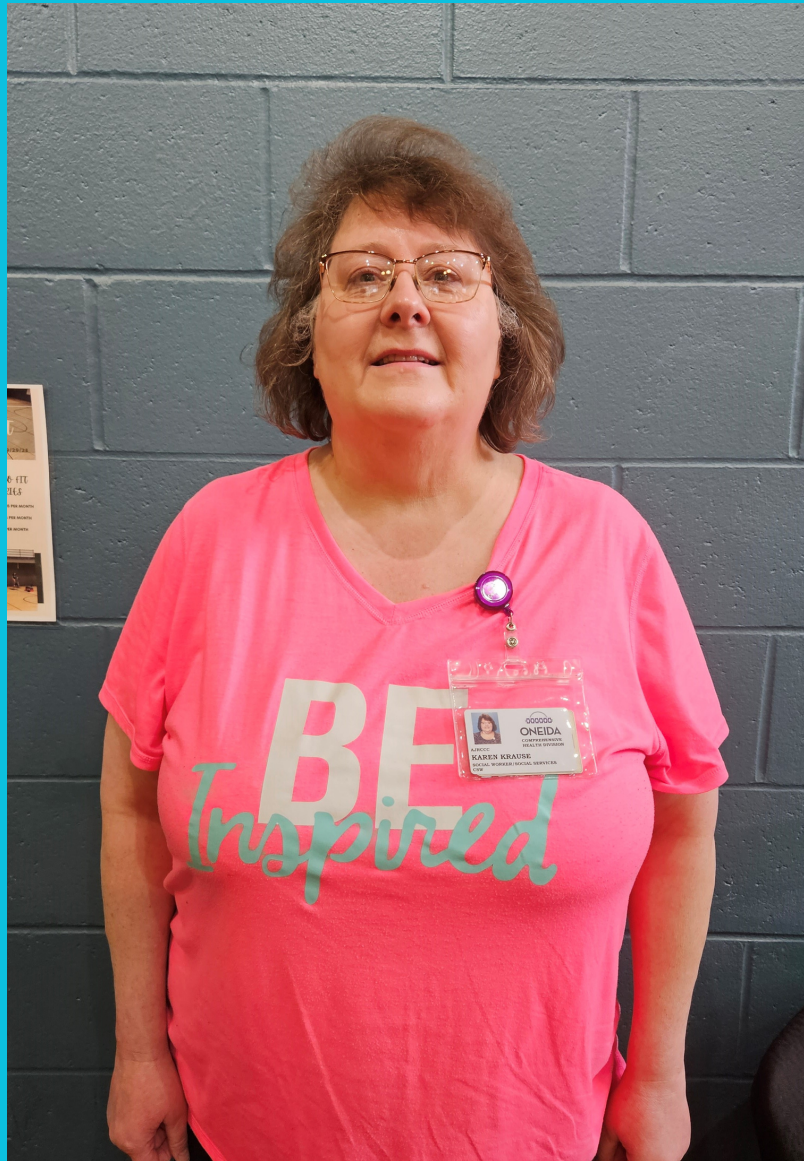


MAY 2023



KAREN KRAUSE
MEMBER OF THE MONTH

ONEIDA FAMILY FITNESS



KAREN KRAUSE

Share a little something about yourself.

I have been working for the Oneida Tribe for 34 years. I am married with two adult sons.

What motivates you to work out?

I was needing something to help with stress. I was also looking for something to do with myself. When working and having a family, it is easy to give all of yourself to others. Working out is me time, the time that I take for me.

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

When I first started working out, I was watching what I ate also. I have slipped with being more conscious of what I eat. I plan to continue to work out but get back to watching what I eat.

What exercises do you like to include in your workouts?

I usually walk the treadmill and use the arm bike. They are exercise that I don't mind doing and I push myself to increase my speed and the tension to make it more difficult.

Best fitness advice?

Keep moving and take time for yourself. It is a good way to handle stress and be good to yourself.

What do you enjoy most about Oneida Family Fitness?

I enjoy the challenges. It keeps me going and it is fun too. I also enjoy the staff. They are friendly and encouraging.

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

ONEIDA FAMILY FITNESS

