

**AUGUST 2023**



**CLINTON WILLIS**  
**MEMBER OF THE MONTH**

ONEIDA FAMILY FITNESS



# CLINTON WILLIS

## **What motivates you to work out?**

I exercise for weight maintenance, and also to reap the mental health benefits that exercise provides.

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

Setbacks have included overuse injuries and minor muscle strains. These were a result of my being overzealous and ignorant of my own limitations. I now aim to be gentler, but more consistent, in how I approach exercise.

## **What exercises do you like to include in your workouts?**

Some personal favorites include pull-ups, chin-ups, and calf raises.

## **Best fitness advice?**

Try to be consistent.

## **What do you enjoy most about Oneida Family Fitness?**

The staff are all very kind and the facility is always clean.

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

I adore Tetris.

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

As for my diet, I've learned to think twice before going back for seconds (or, God forbid, thirds), lest I undo my hard work.

## **Congratulations, Clinton! Your dedication to maintain a healthy lifestyle inspires others!**

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