

JULY 2023



**SHALEESA DANFORTH
MEMBER OF THE MONTH**

ONEIDA FAMILY FITNESS



SHALEESA DANFORTH

What motivates you to work out?

What motivates me to workout is it puts me in an overall better mood and I'm able to just attend classes and get my best workout in.

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

I've had a setback; my lower back gets tweaked every once in a while, and it makes me listen to my body. I just take the time I need to feel better and get back to it.

What exercises do you like to include in your workouts?

I attend most of the classes which include cardio and weights. I recently started lifting weights and I love it.

Best fitness advice?

Best fitness advice: Just show up and take things at your own pace.

What do you enjoy most about Oneida Family Fitness?

I enjoy the whole vibe at the gym. Everyone is so welcoming & the instructors are always so motivating.

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

I am the youngest of 8.

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

I make time to make it to classes. Show up a little early so that I can be mentally ready. And I am never early for anything, lol.

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

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