

**SEPTEMBER 2023**



***EILEEN MATSON***  
***MEMBER OF THE MONTH***

ONEIDA FAMILY FITNESS



# EILEEN MATSON

Share a little something about yourself.

Mother of 2 and grandmother of 5. I'm retired after working 30 years at Schneider National.

**What motivates you to work out?**

Feeling stronger and healthier, also still working my weight loss goals.

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

Yes, I have throughout the years. Retirement helped me because it gave me more time.

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

1 hour on the elliptical, and weight machines. 3 times a week. 1 day a week I attend a low impact class.

**Best fitness advice?**

Stick to it, make it a routine. The older you get, the harder it can be. Try to be more active outside of your workouts too.

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

The staff is great! Provides a very comfortable setting to work out in.

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

I love country music and dogs. I've raised 3 boxers: Cash, Hank, and now I have Merle.

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

Diet always. I feel better so I'm happier and I think that shows in my contact with people. My attitude is "I can do it."

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

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