

NOVEMBER 2023



AMBER CORNELIUS
MEMBER OF THE MONTH

ONEIDA FAMILY FITNESS



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Share a little something about yourself.

I'm recently married to my husband, Mitchel, and I have a 12-year-old daughter.

What motivates you to work out?

It's a form of self-care for me as I feel better mentally, emotionally, and physically.

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

I've had multiple muscle strains, so I focus on stretching and listen to my body.

What exercises do you like to include in your workouts?

I enjoy the stair climber and lifting weights. I also hike and kayak in my freetime.

Best fitness advice?

Our bodies are capable of anything. It's our minds we have to convince.

What do you enjoy most about Oneida Family Fitness?

The upgraded machines and free weights.

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

I've had a book published.

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

I incorporate a plant-based diet plus an affirmation with each rep.

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

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