

DECEMBER 2023



**REDMON DANFORTH III
MEMBER OF THE MONTH**

ONEIDA FAMILY FITNESS


ONEIDA
Family Fitness

REDMON DANFORTH III

Share a little something about yourself.

Huge nerd who loves music, games, lifting, and playing guitar.

What motivates you to work out?

Knowing how far I've come in the 1 1/2 years I've been working out. Also hoping to be someone that people can be motivated by the same way I was by others.

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

I had surgery on one of my collar bones before I started lifting which resulted in a lot of muscle imbalance from not being able to use it. I kept up the hard work and both arms are almost 100% back to the same size.

What exercises do you like to include in your workouts?

I like to split my workout schedule into push, pull, and leg days, that way I'm able to hit every muscle group throughout the week.

Best fitness advice?

A lighter weight with perfect form is going to get you a lot further than heavy weight with poor form. Listen to your body.

What do you enjoy most about Oneida Family Fitness?

I like the variety of different machines and new weights. I also like how friendly the staff is.

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

"Taught myself" to play the guitar.

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

I've pretty much made working out my 2nd job. Even if I'm not in a good mood, I make sure to at least go for 30-45 min. just to say I went, which ends up making me feel better.

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

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