

JANUARY 2024



JANEL ISAAC
MEMBER OF THE MONTH

ONEIDA FAMILY FITNESS



JANEL ISAAC

Share a little something about yourself.

Really good at math and going to school for accounting and tested out of math! And I love music and I'm good at drawing.

What motivates you to work out?

Seeing progress and staying in shape.

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

I had a broken foot (happened here while working out). I still came and worked out the muscles I could work on.

What exercises do you like to include in your workouts?

I include cardio day, leg day, and also push and pull days. And every day I do dynamic stretching and regular stretching.

Best fitness advice?

Listen to your body.

What do you enjoy most about Oneida Family Fitness?

The friendly staff and great equipment.

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

I've become more happy with myself and eating better to see progress.

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

ONEIDA FAMILY FITNESS

