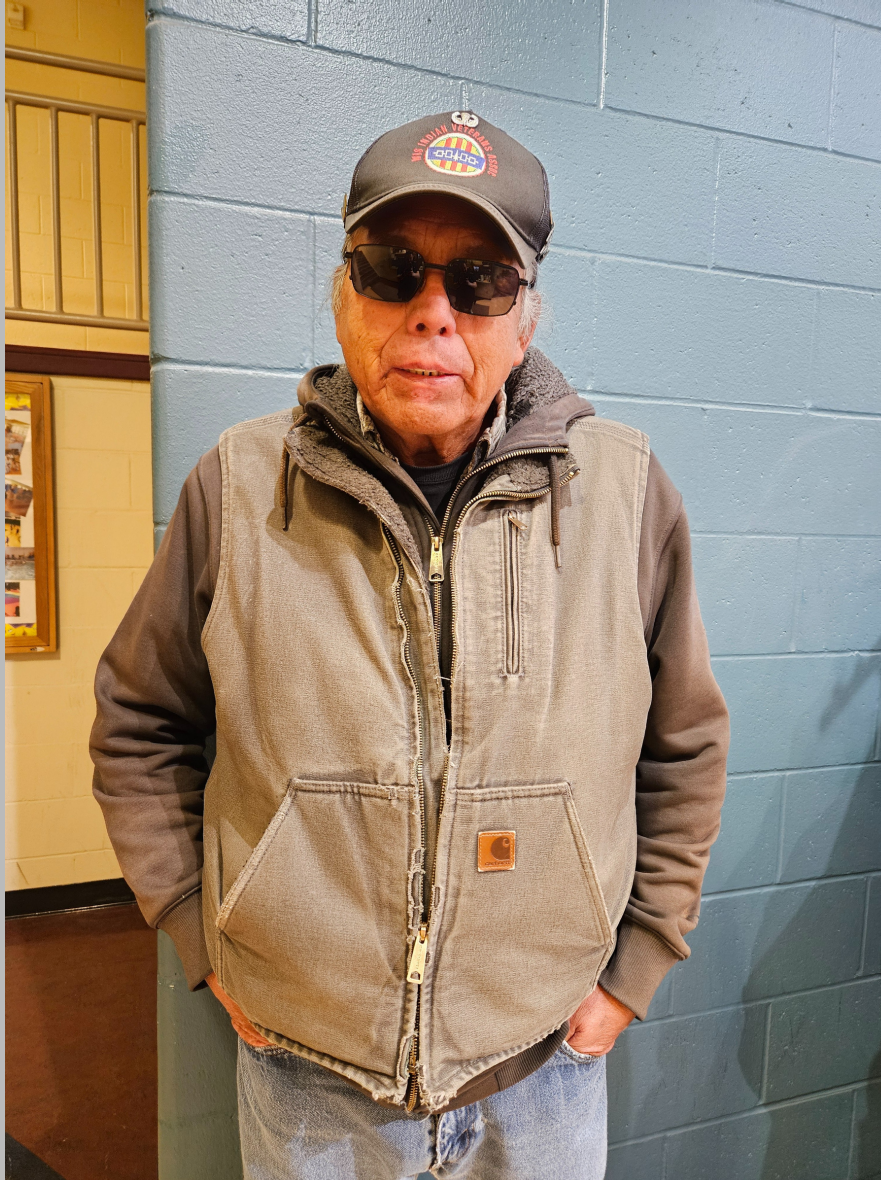


FEBRUARY 2024



**LEANDER DANFORTH
MEMBER OF THE MONTH**

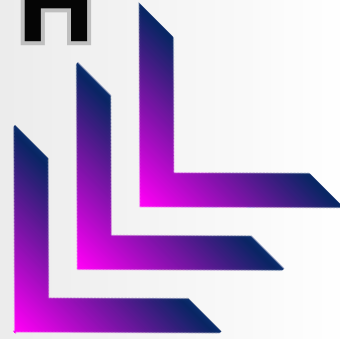
ONEIDA FAMILY FITNESS

ONEIDA
Family Fitness

LEANDER DANFORTH

Share a little something about yourself.

I've worked for Oneida Tribe in the Oneida Language Department for 20 years now which I enjoy.



What motivates you to work out?

#1 Diabetes and staying fit keeps the body fit, strengthens the body, mind, and spirit. No better feeling than being physically fit.

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

Had a total hip replacement 4/26/23. Actually started Fall of 22, overcame with operation, rehab, and continued personal workouts.

What exercises do you like to include in your workouts?

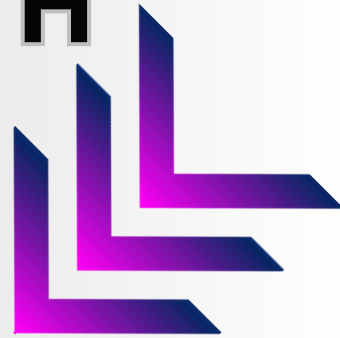
Always lots of stretching before and after. I incorporate many yoga stretches as well as other normal stretching.



LEANDER DANFORTH

Best fitness advice?

Best advice? Keep trying!
Keep working at it! The older you get...the more important it is to try to keep your health and flexibility going.



What do you enjoy most about Oneida Family Fitness?

It's convenient and very friendly atmosphere especially when the cold sets in. Roads around building are always plowed.

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

I'm also still involved with Diabetes Prevention Program. Diet and exercise go together. Of all the different numbers during a physical, the one that matters most is weight!

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

ONEIDA FAMILY FITNESS

