

MARCH 2024



AMANDA PERROTE
MEMBER OF THE MONTH

ONEIDA FAMILY FITNESS


ONEIDA
Family Fitness

AMANDA PERROTE

Share a little something about yourself.

I had an aneurysm when I was 17. I was told I would never walk or talk again. With hard work I was able to walk after 3 months. I started at the fitness center to build strength. Also did therapy. Now I can do just about everything by myself.

What motivates you to work out?

Build muscles, strength, and tone. Also to lose weight.

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

I gained some weight. During Covid I started eating healthy and started riding bike for 15 minutes twice a day, I worked up to 1/2-hr twice a day. After fitness center opened, I came 3 times a week. Now I go 4-5 times a week.

What exercises do you like to include in your workouts?

Bikes, treadmill, leg press, hip abduction, hip adduction, back extension, seated calf extension.



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Best fitness advice?

Start slow and work your way up on the weights.

What do you enjoy most about Oneida Family Fitness?

The ladies at the front desk are so friendly. They greet you when you come in and leave.

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

I used to play basketball, and loved running.

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

Changed my eating habits , more fruits and veggies, less junk food.

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

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