

**APRIL 2024**



**BRYAN JORDAN**  
**MEMBER OF THE MONTH**

  
**ONEIDA**  
Family Fitness

# BRYAN JORDAN

## **Share a little something about yourself.**

Father of 2 girls. Barber for the past 6 years. Gamer.

## **What motivates you to work out?**

To be as healthy as I can be. And to see your results and progress improve over time. Knowing your hard work has paid off.

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

Just some minor injuries. Had to let them rest and recover. Just have to listen to your body and know when not to overdo it.

## **What exercises do you like to include in your workouts?**

Lots of weight training and some cardio but definitely gotta add more cardio!

## **Best fitness advice?**

Don't compare yourself to others in the gym, just do what your body can handle. And good form with lighter weight will give you better and faster results than going heavy right away.

ONEIDA FAMILY FITNESS



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## **What do you enjoy most about Oneida Family Fitness?**

No one judges anybody. Everyone pretty much knows each other so you feel very comfortable. Tons of equipment so you can do any kind of workout you can think of.

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

Used to love drawing and painting when I was younger. Would love to get back into it eventually.

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

I always try to make time for the gym whenever I can. Whatever works best for my schedule. And making changes to my diet, still eating what I want but smaller portions. I've tried tons of diets and have had the best results when I don't restrict myself from food I enjoy.

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

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