

**JUNE 2024**



**DEVEN DEJESUS  
MEMBER OF THE MONTH**

ONEIDA FAMILY FITNESS



# DEVEN DEJESUS

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

I am the youngest out of 4. I'm currently in my second year of being homeschooled, and I have 2 cats. I also despise insects.

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

Well, I want to be the most fit version of myself and live a healthy life. Also, exercise is quite therapeutic for me.

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

I had a minor knee injury last year, but I let it heal so I could resume my training safely.

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

Main exercises that I always try to do are: barbell rows, bench press, squats, lunges, and some cardio like walking or interval sprints.

## **Best fitness advice?**

I would say that you shouldn't compare yourself to other to people. Just focus on your journey and work hard.

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ONEIDA  
Family Fitness

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

My personal training sessions with Vicente and Hudson are very motivating and they help to educate me. The fitness classes are really well taught and enjoyable, and I always feel satisfied after one.

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

I play both electric and bass guitar. I've been at it for almost two years at this point.

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

I try to go to the gym at least four times a week. My main focus diet-wise is to eat enough protein and to make healthy food choices consistently.

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

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