

**MAY 2024**



**LORRAINE FRIAS**  
**MEMBER OF THE MONTH**

ONEIDA FAMILY FITNESS



# LORRAINE FRIAS

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

I am a member of the Oneida Nation. I grew up in Oneida. I am the second oldest of 10. I am married and have 2 children and 2 stepchildren. I am also a dog mom to 2 wild but good pitties.

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

My physical and mental health is what motivated me to work out more. At one point I had high cholesterol, my A1C was high and I was close to having high blood pressure. Diabetes runs in my family so I knew with that and being Native American I was at a higher risk of getting it. I started the Diabetes Prevention Program to learn more about living a healthier lifestyle. This has not only motivated me to work out more but to also make healthier food choices. Since working out I have had a clearer mind and more energy.

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

I try to work out 3-5 times a week, which might be a walk, bike ride, workout at home or at the Oneida family fitness center. I do have set backs and I just keep in mind that there's nothing wrong with just jumping back into it at any time. It also helps to get back into it when I think about all the positives from working out.

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

My workouts include the elliptical and some strength training.

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## **Best fitness advice?**

Start slow and as you work out more, increase your reps, your time and the weight you use.

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

I enjoy the friendly and welcoming atmosphere at the fitness center. I have never felt that I was being judged. The workers are always helpful and willing to show you how to use a machine or if you have questions on workouts.

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

A fun fact about me is I started a new hobby of beading earrings, it's very therapeutic and helps clear my mind.

## **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, Lorraine! Your dedication to maintain a healthy lifestyle inspires others!**

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