

JULY 2024



JAMIE MIELKE
MEMBER OF THE MONTH

ONEIDA FAMILY FITNESS


ONEIDA
Family Fitness

JAMIE MIELKE

Share a little something about yourself.

Mother of two. I am either at the gym or at work. At the lucky moments, I'll be home working on projects

What motivates you to work out?

My kids I need to be healthy & strong for my family.

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

I tore my MCL back in November. I had to wait until it healed enough to get back into my classes.

What exercises do you like to include in your workouts?

I take a lot of workout classes. If you don't see me there, I'll be in the cardio.

Best fitness advice?

The hardest part is to show up and try. Once you do that it will all fall into place.

What do you enjoy most about Oneida Family Fitness?

The people & staff, everyone is so nice.

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

When I find the time, I love to do craft projects.

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

Prioritize time. I am a very busy person, I have to structure working out around everything else.

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

ONEIDA FAMILY FITNESS

