

JULY 2024



MATT KUNSTMAN
MEMBER OF THE MONTH

ONEIDA FAMILY FITNESS



ONEIDA
Family Fitness

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Share a little something about yourself.

I'm married with two adventurous daughters, Syd (14) and Brynley (12). Our family has a passion for hiking and has explored nearly half of the National Parks, where we typically hike between 30-70 miles on each trip.

What motivates you to work out?

My motivation to work out stems from wanting to keep up with my young daughters. Being in my mid-fifties and an active outdoorsman staying fit is essential. I aim to maintain my health and vitality to enjoy many more adventures with my family and be around long enough to witness my daughters grow and thrive.

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

Being a cancer survivor has made me realize that life is too short, and maintaining a healthy lifestyle is essential if I want to be around for my family. I don't want to be the dad who can't do the things my kids want to do. I want to challenge them and myself on a daily basis. Working out has helped me feel better about myself and gives me the energy needed to be an active dad. By getting up early and working out is one step closer to fulfilling my goals and be the best version of myself for my family.

What exercises do you like to include in your workouts?

I aim to get into the fitness center 3-4 days a week, starting my mornings with strength training. My workouts include a variety of exercises, from compound movements like squats and deadlifts to isolation exercises such as bicep curls and tricep extensions. Over the lunch hour, I attend a variety of group classes. Kudos to Hudson and Taylor for pushing us to our max during these sessions!



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Best fitness advice?

The hardest part of starting at the gym is just getting there! Start slow and listen to your body. After a few weeks, it transitions from a daunting task to something you genuinely look forward to!

What do you enjoy most about Oneida Family Fitness?

What I enjoy most about Oneida Family Fitness is the friendly staff, the challenging group classes, and its convenient location near my office. I'm always welcomed by friendly smiles and staff who push us to achieve our fitness goals.

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

Something people may not know about me is that I am an avid snowboarder. I have had the incredible experience of snowboarding on two continents and in four different countries.

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

We all have busy schedules, but it's important to make time for regular exercise. This can be as simple as taking a daily walk or heading to the gym. I enjoy my pizza, burgers, and occasional adult beverages, but I balance these indulgences by staying committed to my workouts!

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



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