

SEPTEMBER 2024



BRENDA SKENANDORE
MEMBER OF THE MONTH

ONEIDA FAMILY FITNESS



BRENDA SKENANDORE

Share a little something about yourself.

I have 12 brothers & sisters.
I have 3 sons & 2 grandchildren.
I enjoy swimming & doing puzzles.

What motivates you to work out?

I have diabetes and working out helped me to stop needing the medications.

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

I wasn't able to get off the meds as soon as I would have liked.

What exercises do you like to include in your workouts?

Spin classes.

Best fitness advice?

It's a lifestyle change for the rest of my life.

What do you enjoy most about Oneida Family Fitness?

It's free to join & the classes are free. We also get 1/2-hr (daily) paid time to attend fitness center.

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

Time--I get up at 5:20 a.m. to get to the fitness center by 6:00 Monday through Friday. Diet--Made a lot of changes--but still need more!

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

ONEIDA FAMILY FITNESS



ONEIDA
Family Fitness