

OCTOBER 2024



DONOVAN MANYVONG
MEMBER OF THE MONTH

ONEIDA FAMILY FITNESS



ONEIDA
Family Fitness

DONOVAN MANYVONG

Share a little something about yourself.

I am 21 years old, and I enjoy working out.

What motivates you to work out?

Seeing my progress in the mirror helps motivate me the most to get into the gym and further progress my physique.

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

Last year my appendix ruptured, and I was out of the gym for about 3 months. Eventually when I was able to work out again, I slowly got back into a routine and fully recovered from surgery.

What exercises do you like to include in your workouts?

Some form of cardio like incline walking on the treadmill & lots of strength training.

Best fitness advice?

Just make sure you're going hard during your workouts!

What do you enjoy most about Oneida Family Fitness?

I enjoy the fact that it's never super busy or crowded like other gyms I have attended.

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

My diet significantly changed to be much cleaner and going to the gym used to feel like a chore, but now it's just second nature to get to the gym.

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

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