

DECEMBER 2024



ROBIN KOVASH
MEMBER OF THE MONTH

ONEIDA FAMILY FITNESS

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Family Fitness

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Share a little something about yourself.

I'm a member of the Mandan, Hidafsa and Arikira Nation (North Dakota). I moved to Green Bay in 2022. My son and his wife live in Denver where I came from. They're going to make me a grandpa in January 2025.



What motivates you to work out?

I have always been active in sports and then exercise as I got older. I have had to adjust my types of exercise to what my muscles and joints tell me.

What exercises do you like to include in your workouts?

I was walking a couple hours every day until I joined the gym. Ryan has been my personal trainer for the past year. He has set me up on a good cardio program that incorporates the use of equipment that exercises all muscle groups. Thanks, Ryan!

Best fitness advice?

I'll be a better grandpa if I'm fit. You owe it to yourself and your family.



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What do you enjoy most about Oneida Family Fitness?

The facility is well-equipped and well-staffed. Top notch. What I enjoy the most are the people. The staff and other members are fun to be around. I have met many good people here at Oneida Family Fitness.

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

Although now retired, my law practice emphasized Federal Indian law and Banking law. To my knowledge I was the only Indian attorney in the U.S. that specialized in Banking law. I represented many banks, but my passion was my work with tribes on their banking and economic development projects.

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

I am diabetic. The Oneida Community Health Center has a good comprehensive diabetes program. They referred me to Oneida Family Fitness. They are working with me on nutrition and my diet. Like fitness, it's a work in progress for me. But diet and exercise are the two most important things I can do for myself.

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

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