

NOVEMBER 2024



TINA DANFORTH
MEMBER OF THE MONTH

ONEIDA FAMILY FITNESS



TINA DANFORTH

Share a little something about yourself.

I'm a proud grandmother and retired. My children continue to inspire me. Looking forward to my continued retirement. Oneida elder and love to create beautiful things. I am a seamstress and bead artist.

What motivates you to work out?

My health is my number one priority. Being a survivor of a disability has taught me perseverance and gratitude for others.

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

Yes, a recent heart transplant caused me to be totally disabled. Family, friends, and discipline for self care has helped me tremendously.

What exercises do you like to include in your workouts?

The step machine, free weights, and walking.



ONEIDA FAMILY FITNESS

ONEIDA
Family Fitness

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Best fitness advice?

Have fun, do something every day, and be consistent.
If you take a break, get back to it.

What do you enjoy most about Oneida Family Fitness?

Convenience and affordability. Variety of machines, good staff, and having a place to go.

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

I love to dance, listen to music, bead, sew, and learn new things.

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

Staying healthy to enjoy time with grandchildren and family. My diet has changed for the better especially after getting off insulin. I've always took my health seriously.

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

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