

Oneida Family Fitness

Member of the Month



January 2025

**Paula
Golden**



Paula Golden

Share a little something about yourself.

I'm a CNA for Oneida. I've worked at Anna John's for 9 years. I am a mother of a 23-year-old son who is pursuing to be a firefighter. I was adopted when I was younger and am learning about my Oneida roots and traditions. Especially these past couple of years.

What motivates you to work out?

Was diagnosed with diabetes in 2007 after they removed a tumor off my pancreas. My diabetes and weight have been a battle throughout the years. My health has motivated me to work out. My last A1C was 5.9, the lowest it's been in years. And being able to maintain that or keeping it at a "good" number is a goal.

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

I've had a number of setbacks over the years. Struggled with my weight. I had hip surgery back in May and have had to do things from the beginning. I've lost a lot of weight during my recovery from surgery. Ryan has been my trainer before surgery and when I reached out to him; he's helped me exceed a lot of my goals. He's pushed me to be a better person.

Paula Golden

What exercises do you like to include in your works?

I do a lot of weights. Each time I lift weights I push myself to add more weights each time. Last couple of months I've been strengthening my hip and legs with new workouts. I've even got myself to take a yoga class :) I do after-surgery exercises at home to continue building strength.

Best fitness advice?

I like to set the bar high when adding weights. I like to push myself past my comfort zone. Ryan always says he would rather have me complete good reps at a comfortable weight than to see me struggle. My advice: Stay focused at what you're doing and push what you can and BREATHE!

What do you enjoy most about Oneida Family Fitness?

I enjoy the staff. Getting to know them each time I go. I enjoy that they motivate you and are always smiling. Ryan E. has been a huge motivator throughout the time I've known him. All the staff there brighten your day with their smiles.

Paula Golden

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

Something about me not many people know is I crochet. I just learned a couple of years ago. I learned by watching YouTube videos and within first time watching a video, I can have something done within days.

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

Lifestyle changes. I've been sober for 12 years. One thing lately was the loss of my brother in January 2024. After losing him I've needed a place to decompress and Oneida Fitness has been that place. His death pushes me to be a better person. Pushes me to enjoy my sobriety and my life to the fullest.

Congratulations, Paula! Your dedication and hard work to maintain a healthy lifestyle inspires others!