

Oneida Family Fitness

Member of the Month

Steve Gierczak



February 2025

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Share a little something about yourself.

I have been a life-long resident of Brown County and a member at OFF for over 10 years. I recently retired from a business that I had created and operated for 25 years.

What motivates you to work out?

Working out provides an opportunity to remain both physically and socially active. I try to challenge myself on a daily basis.

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

I have had a few setbacks. I was able to overcome them with the help of PT and slowly working my way back into an exercise routine. The goal was to continue on a daily exercise program.

What exercises do you like to include in your works?

My exercises primarily consist of walking up to 3 miles a day, biking on a recumbent bike, and weightlifting on various machines.

Best fitness advice?

“Slow and steady wins the race.”

Steve Gierczak

What do you enjoy most about Oneida Family Fitness?

I truly enjoy the staff, members that I have built friendships with, and the facility is a great place to start the day.

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

I am an experienced fly fisherman. I look forward to trips in the Upper Peninsula of Michigan and out West, particularly South Dakota in search of any variety of trout.

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

Working out creates a sense of accomplishment forcing you to think in terms of your overall health. I find myself to be better focused, clear mind and positive attitude when committing to my daily goals.

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