

Oneida Family Fitness

Member of the Month

Jessica Carter



March 2025



ONEIDA

Family Fitness

Jessica Carter

Share a little something about yourself.

I have been married to my husband Jared for 18 years. We do not have children but we do have a 7-year-old fur baby Josie who keeps us on our toes. I have worked at Oneida for 5 years and many more to come. 😊

What motivates you to work out?

The way it makes me feel! Afterwards I feel accomplished, with energy that lasts the whole day! 😊 Thank you to ALL the trainers for pushing me to be the best I can be!!!

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

ICE CREAM!!! I cannot even go down that aisle at the store, that is how I avoid it. Will I ever overcome it, now that we will never know!!

What exercises do you like to include in your works?

I love a good ab workout, even though it's tough, it feels good when I am done.

Best fitness advice?

Listen to the trainers, when you think you can't do it, they know you can. They will never set you up to fail.

Jessica Carter

What do you enjoy most about Oneida Family Fitness?

The positive atmosphere provided by all the trainers and staff. The camaraderie of everyone in the same place working towards the same goal, to be healthy!!

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

I have a she shed, its wonderful and built by my husband. I love spending time in there crafting. It helps me decompress. 😊

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

Working out HAS to be part of my day. I love the classes @ noon, that way I can be sure to get there at least 4 days a week. Walks with the dog on a daily basis help too!!! Stay positive and try not to get discouraged. ❤️

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