

Oneida Family Fitness

Member of the Month

Benson Skenandore



April 2025



ONEIDA

Family Fitness

Benson Skenandore

Share a little something about yourself.

I attend Notre Dame Academy as an honor roll student in advanced classes. I love to lift, and my favorite sports are wrestling, football, and hockey.

What motivates you to work out?

I just feel like there is always a place and way for me to improve. The Fitness Center has given me the opportunity to lift every day and improve. I am very grateful for the Oneida Fitness Center.

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

Fortunately, I've been lucky to stay away from any major setbacks, however I do occasionally get really bad exertion headaches which causes my vision to blur and makes me susceptible to passing out.

What exercises do you like to include in your works?

Personally my favorite life is the overhead tricep extension, it is probably one of my favorite exercises other than the bench press. The overhead tricep extension feels really good for my triceps and doesn't hurt my joints.

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Best fitness advice?

Being consistent is the best thing you can do in the gym, showing up every day and working hard will guarantee progress.

What do you enjoy most about Oneida Family Fitness?

The staff and convenience. The staff are always nice, and I know I could ask them for help if I needed. I also love the convenience because of how close it is. I am able to walk to the gym every day.

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

I have a really big fragrance collection and it's pretty much what all of my money goes to other than sports.

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

Going to the gym and seeing progress gives me something to be proud of. It boosts my confidence and overall makes me happier. I also track my macros in almost everything that allows me to be healthier.

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