

Oneida Family Fitness

Member of the Month
Vanny Wheelock



May 2025



ONEIDA

Family Fitness

Vanny Wheelock

Share a little something about yourself.

My name is Vanita Wheelock, everyone calls me Vanny. I am passionate about Native American Woodland clothing design. For the past two years, I have had the honor of seeing my designs on the runway at the Oneida Fashion shows.

What motivates you to work out?

I am motivated to work out by the desire to live a healthier lifestyle. And, now that I'm seeing the physical changes--well, I'm liking what I see; that's the motivation to keep me going.

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

I experienced a major health issue that caused me to stop working out for a period of time. I quickly learned it was a challenge to get back into the routine. But I did it, and it was beneficial to my recovery.

What exercises do you like to include in your works?

I love all the classes. I attend every class that my work schedule allows me to. Spin, yoga, group PT, weightlifting, walking: I'm here for all of it!!!

Vanny Wheelock

Best fitness advice?

Make this your lifestyle: Drink plenty of water, stay on track with workout plan, focus on healthy foods in your diet. Start slow, change takes time!

What do you enjoy most about Oneida Family Fitness?

The team at Oneida Family Fitness is the best. Their encouragement and support make my workouts fun and enjoyable.

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

I like to tandem dive out of airplanes!

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

My lifestyle changes have included changes in the foods I eat. I now enjoy more vegetables, whole grains, eggs, nuts, fruits, and protein. I'm working on getting into a healthier sleep schedule and getting 7-8 hours of rest each night. Water, water, water! The biggest change has been my commitment to this lifestyle, and the result: I feel great!!!

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