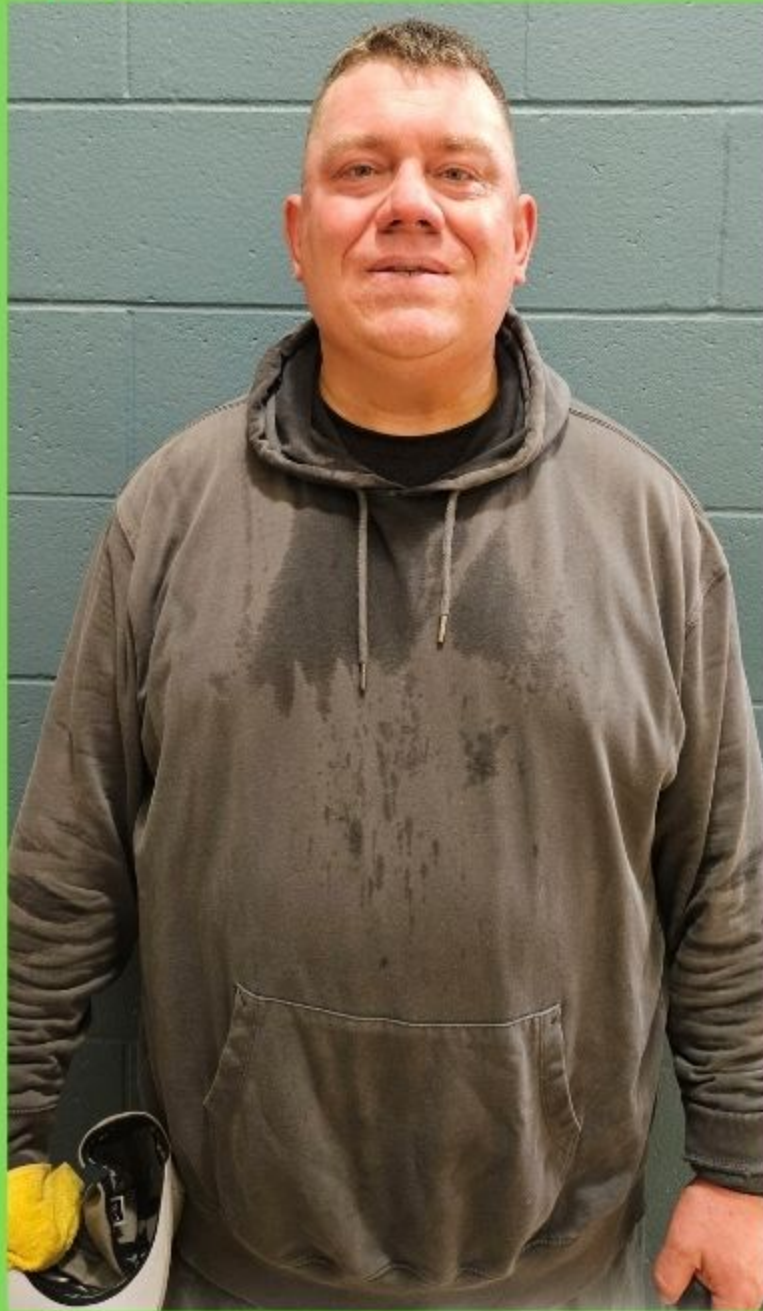


Oneida Family Fitness

Member of the Month
Willy Cornelius



June 2025

Willy Cornelius

Share a little something about yourself.

I live in Green Bay with my wife and two dogs. I work in human and dog waste management so some people say I have two “crappy” jobs, but I love them both. I have been an athlete most of my life, so I am working on a recommitment to fitness as I get older.

What motivates you to work out?

My health. I am working on weight loss to get back to my fighting shape (even though my wife says I can't fight anymore).

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

A vacation to Mexico where I overindulged. I doubled up my workouts when we got back. Also, Packer home games and too much tailgating--I work harder on Mondays!

What exercises do you like to include in your works?

Elliptical, Stairmaster, walking the dogs, kettlebell & dumbbell lifting.

Willy Cornelius

Best fitness advice?

Set small goals and celebrate big milestones-"foot stays on the gas!" TA

What do you enjoy most about Oneida Family Fitness?

The Commit to Fit Club and prizes for motivation. It's not overcrowded and I like the turkeys greeting me in the morning

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

I realized a life-long dream when I got to be the hot dog in a Brewers Racing Sausage race.

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

Diet--mainly changing meal choices to be more protein and veggie-based. I still give myself two cheat meals a week. I also wake up early to walk the dog.

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