

Oneida Family Fitness

Member of the Month
Shashi Gardner



July 2025

Shashi Gardner

Best fitness advice?

There are no short cuts. No magic tricks. It takes hard work, dedication and consistency. You need a strong mindset, a clear purpose and the discipline to keep going even when it is tough. The journey is not easy, but it is so worth it in the end. Believe that you can do hard things and the results will follow.

What do you enjoy most about Oneida Family Fitness?

100% love the staff. They are always so friendly and willing to help. I enjoy the laid-back atmosphere, and you always feel welcomed at the facility.

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

I recently shifted my mindset and taking care of my health and lost 20lbs.

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

As I've gotten more dedicated to working out, I've made real lifestyle changes – I have prioritized tracking my calories and doing meal prep for the week. I have seen huge improvements with these two changes.

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

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