

Oneida Family Fitness  
*Member of the Month*  
**CONNOR KESTELL**



**October 2025**



# CONNOR KESTELL

## Share a little something about yourself.

Navy veteran and metal working enthusiast. I spend the bulk of my free time learning new skills or improving my current.

## What motivates you to work out?

Leading from the front, professionalism, presentation, discipline, and health all go hand in hand.

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

Yes, after leaving the military and moving back to Oneida, I gained about 50 lbs. I woke up one day and realized I need to change. I started on track Memorial Day and I have since lost 40 lbs. with diet, exercise, and discipline.

## What exercises do you like to include in your works?

Romanian deadlifts, zercher squats, farmers carry, and pull-ups.



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**Best fitness advice?**

It's ok to be hungry sometimes, discipline will carry you through.

**What do you enjoy most about Oneida Family Fitness?**

I greatly enjoy the staff. They are helpful, kind, supportive, and knowledgeable.

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

I do all my own work whether that's on my vehicles or home.

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

I keep a consistent schedule, I eat specific times, workout on time, and make the majority of my own food.

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