

Oneida Family Fitness

Member of the Month

**LILLY
ANTONE**

September 2025

Lily Antone

Share a little something about yourself.

I am 71 years young. Retired. I bead.

What motivates you to work out?

Dr. Flood & Ryan Engel.

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

Yes. I have aches & pain when I can't handle, I stay in bed. When done, I'm back at the gym because I don't want Dr. Flood on me.

What exercises do you like to include in your works?

Leg Press up to 340 lbs now.

Arm exercises all types.

I'm game for most anything.

Best fitness advice?

Stay active & keep workout dates.

Lily Antone

What do you enjoy most about Oneida Family Fitness?

They are friendly & helpful.

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

Fun for me is beading, serving, and being alone.

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

Eating healthier.

Lots of water.

Love the Strawberry Lemonade.
& Sunshine.

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