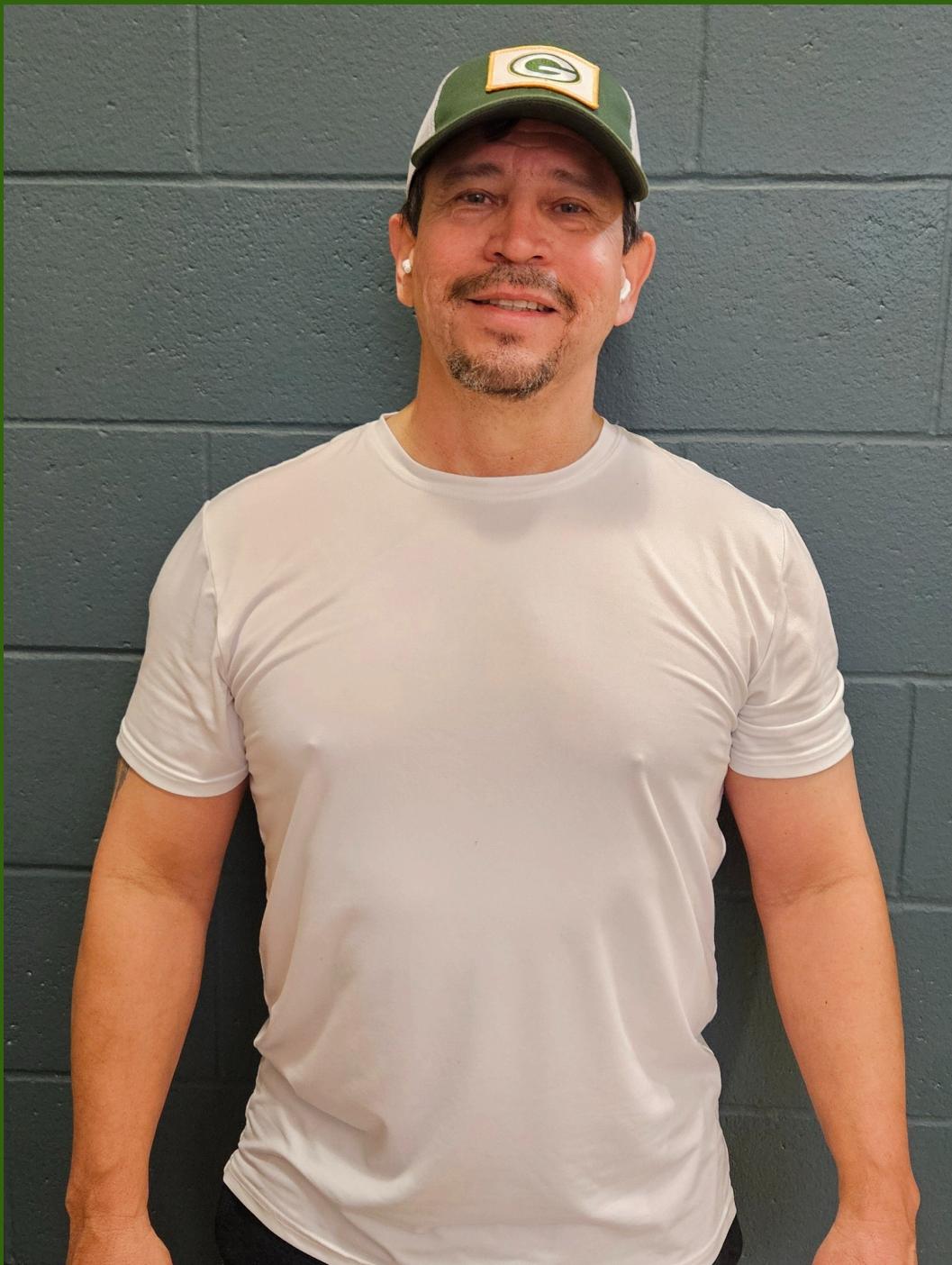


Oneida Family Fitness
Member of the Month
JEFF SKENANDORE



December 2025

JEFF SKENANDORE

Share a little something about yourself.

I was born and raised in WI. My life journey as an adult enabled me to experience living in three other states for a good number of years. Recently, my wife and I were able to relocate back to Oneida Nation and are happy to be back in the land of our family and traditions.

What motivates you to work out?

About a year ago, an out of state family member came to visit. He has been a lifelong participant in physical fitness and has always gone to the gym. My son-in-law and grandkids are also fitness buffs. Through conversations with these family members, I was inspired to get serious and begin my own health and fitness journey. Once I got used to regularly working out, I was hooked!

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

It's been said that things can get more challenging as you age. But I find if I keep my commitment to working out consistent, the increased strength helps diminish any setbacks. A lot of overcoming anything is recognizing you are capable.

Oneida Family Fitness

JEFF SKENANDORE

What exercises do you like to include in your workouts?

Regardless of what area I'm focused on working out that day, I always include some cardio and abs.

Best fitness advice?

"Train insane or you'll remain the same."

Also, be patient. The greatest rewards do not come overnight. Just keep at it and do your best each day. Over time, you'll see and feel results.

What do you enjoy most about Oneida Family Fitness?

There is a great selection of equipment and the staff is very friendly and helpful. I also appreciate the motivational posters and signage posted in the building. There is a lot of positive reinforcement to just do your best.

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

As a teenager, some friends and I formed a group called, "The Little Land Singers." We sang and drummed competitively at many Pow Wows in Wisconsin and Illinois.

JEFF SKENANDORE

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

I realized that I was able to do something about my physical status, so working out has become a priority. Every now and then there is a temptation to take a day off, but I find by digging deep into the well of self-discipline and push through, I ALWAYS feel better in every way.

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