

Oneida Family Fitness  
*Member of the Month*  
**HEATHER LEE**



**November 2025**



# Oneida Family Fitness

## HEATHER LEE

### Share a little something about yourself.

I work at Oneida Family Services and have been there for 21 years. I've been coming to Oneida Family Fitness all 21 of those years! You can find your one true love at the Fit, it's where I met Hudson! lol We have four children ages 10-18 who keep us busy with their sports schedules. Our family is my whole world.

### What motivates you to work out?

I love to work out. It's one important way of how I care for my mental, emotional, physical and spiritual well-being. I love learning new forms of movement which landed me in my first JJU class with Master Schoenebeck almost 10 years ago. I'm very dedicated to my JJU practice which helps me keep showing up. I'm also feeling the symptoms of "middle age" in my body, so this motivates me to do yoga, lift and attend noon classes because I always feel better after. It's a non-negotiable for me.

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

I've been to numerous gyms in my lifetime and believe we are very lucky here at Oneida Family Fitness because of the welcoming staff and offered classes! I love the community of the noon class because of the humor, connection and friendly encouragement. It is noticed when a regular member isn't there because everyone contributes to the great energy. This motivates me!



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

When I shoot a basketball it looks like I'm throwing a shot put in a track meet. It's terrible. If you know my husband, then you know it's extra bad. I can however still do a backflip which at age 45 is pretty cool.

**Best fitness advice?**

All movement is good movement. Don't compare yourself to others.

Active recovery is essential. Listen to your body, make training adjustments, and keep showing up. I have this reminder hanging in my office:

*Just Go Train*

*You don't get better on the days when you feel like going. You get better on the days when you don't want to go, but you go anyway. If you can overcome the negative energy coming from your tired body or unmotivated mind, you will grow and become better. It won't be the best workout you have, you won't accomplish as much as what you usually do when you actually feel good, but that doesn't matter. Growth is a long-term game, and the crappy days are important.*

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