



MARY ADAMS



Share a little something about yourself.

I worked at Sherman Indian High School in Riverside, California for 13 years before returning to Oneida.



What motivates you to work out?

Sustaining good health + mobility which includes diet, sleep, stress management and others are the reason elderly are healthy.

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

I had a setback about 2021. I fell on my left knee which caused 3 fractures. I did yoga while bedridden by focusing on modified poses.

What exercises do you like to include in your workouts?

Our instructors include all the necessary exercises needed. That's why I like Oneida Family Fitness best!



JANUARY 2026
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Best Fitness Advice?

Work out consistently, that's the key!

What do you enjoy most about Oneida Family Fitness?

The encouragement, outside workouts, and the variations of classes all for free.



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

I never needed friends because of my 8 sisters and 2 brothers.

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

I retired 2016, therefore I vowed to take care of myself, diet, workout, and focus on wellness.

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

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