

RICHARD ACKLEY



FEBRUARY 2026
MEMBER OF THE MONTH

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Share a little something about yourself.

I am an 80-year-old retiree, and I spent much of my professional life not being very physically active. As a retired Tribal Judge, I have provided recommendations of conflict. I now need to work my own program to become more healthy.

What motivates you to work out?

Recently I completed a yearlong program called Diabetes Prevention Program where I had the option to work with a Fitness Coach from the Oneida Fitness Center. For a year I continue daily to work my program.

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

When I travel and get involved in other activities, my physical program was not a priority. Each day it is important for me to work my program on a daily basis.

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What exercises do you like to include in your workouts?

My major focus is my walking program. I am now transitioning to do more fitness options in 2026.

Best fitness advice?

My advice is to work your own program with an assessment by the qualified staff of the Oneida Fitness Center to present options for your personal wellness program.

What do you enjoy most about Oneida Family Fitness?

I enjoy the positive climate of the staff when I walk into the Fitness Center and always encouraging me for the time I would be working my program. The staff is always helpful and the climate is one of supporting persons.

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

I am a fan of 60's music and I enjoy British mysteries.



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

My results came very slowly and for me this is a positive sign because I take one day at a time. My retirement years allow me time for this self-directed approach for a lifestyle change and better physical fitness. I have changed my food options and my personal discipline. I am seeing changes which allows me to become more aware of having an excellent Fitness program. I am very thankful for the Oneida Fitness Center and their many options for participating in options to improve my health.

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



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