

JESSICA HILL-JORGENSEN



MARCH 2026
MEMBER OF THE MONTH

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What motivates you to work out?

My mind, body, and family.
Working out for me equals clarity, energy, and self-love.

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

Setbacks are bound to occur. Doesn't mean you give up.
Take time to assess and keep it moving.

What exercises do you like to include in your workouts?

I'm a treadmill person. I like to do intervals, switching between speeds & inclines during a session.

Best fitness advice?

Do what you like, what feels good, and what keeps you consistent. If you don't like to run, don't. Don't like burpees, don't do them.



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What do you enjoy most about Oneida Family Fitness?

The track, amount of treadmills, and seeing friends, and my nephew.

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

There's a reason not many people know...

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

What I feed my body has completely changed. I keep it simple to stay consistent. I calorie deficit for a while, then go back to maintenance calories. I don't believe anything is a "cheat," enjoy what you want in moderation.

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



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