

ARRON POWLESS



APRIL 2026

MEMBER OF THE MONTH



ONEIDA

Family Fitness

ARRON POWLESS

Share a little something about yourself.

I played sports my whole life. I enjoy being competitive. I love watching my kids play sports or whatever they get interested in.

What motivates you to work out?

First I want to stay active. Second I want to be around to see my kids grow up. I love the way I feel after I work out.

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

A setback I had was picking up weight, I was 245 pounds. I started pushing my wheelchair and eating less calories. I really saw results from working out at fitness center.

What exercises do you like to include in your workouts?

I pretty much use the cable machines and some dumbbells.

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Best fitness advice?

Just keep showing up. If i miss a workout I really try to eat extra healthy so I don't feel I am losing ground.

What do you enjoy most about Oneida Family Fitness?

That there is enough room to work out anywhere there.

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

I love listening to music when I'm driving, probably a little too loud.

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

I have much more energy! That makes me feel that I can do anything. I eat everything so I don't feel deprived, it's all in moderation and portion control.

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

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