

# VICKY DEER



**MAY 2026**

**MEMBER OF THE MONTH**

DA

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**Share a little something about yourself.**  
I love makeup--the colors pink & black. I love to advocate for children and their mental health.

**What motivates you to work out?**  
Clint Eastwood--He doesn't let the old man in and I'm trying to not let the "Old Lady" in. She's knocking every day. Also I want to be able to keep up with my grandkids lol

**Have you had any setbacks? And if so, were you able to overcome them? How did you do it?**  
If I gain any weight it upsets me. I overcome setbacks believe that if I don't push myself I will invite health problems in my life

**What exercises do you like to include in your workouts?**  
I enjoy the exercises with Ryan Engel on Monday's class, the weights, the bands, the kettlebell swing.

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## **Best fitness advice?**

Join the fitness classes and walk the track. It's nice when you walk the track because its warm in winter and cool in the summer and not so hard on the joints.

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

I enjoy all the staff. They are fun and friendly. They make you want to be there.

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

I love bling--sparkly shoes and clothing, especially sparkly sandals.

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

I do intermittent fasting during the week. I've learned to park away in parking lots to get steps in. Oneida Fitness is a part of my everyday life, keeps me centered and sane.

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



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