

# DAVID DANFORTH SR.



**JUNE 2026**  
**MEMBER SPOTLIGHT**

  
**ONEIDA**  
Family Fitness

# DAVID DANFORTH SR.

## Share a little something about yourself.

I am a Father - Husband who raised his family in Oneida.  
I am a Grandfather. I am a Great Grandfather.  
Born & raised in Oneida. Graduated from boarding school. Worked for Oneida Nation after graduation in the construction trades.

## What motivates you to work out?

My physical - spiritual - mental health motivate me & being a role model to my family.

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

As an athlete there is always setbacks.  
Knee surgery playing high school football.  
Continuously working out to strengthen your body from injuries.

## What exercises do you like to include in your workouts?

Core. Strength. Cardio.

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## **Best fitness advice?**

Never give up on yourself.  
Fitness is the doorway to good health and long life.

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

I enjoy being able to see my family & community.  
Members strive to be the best. That can be in terms of  
good health & happiness.

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

I like being amongst nature: The Great Outdoors

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

Definitely having the time to work out and watching what  
you eat. Keep telling yourself you go this all for your family  
& future generations that come behind you.

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



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