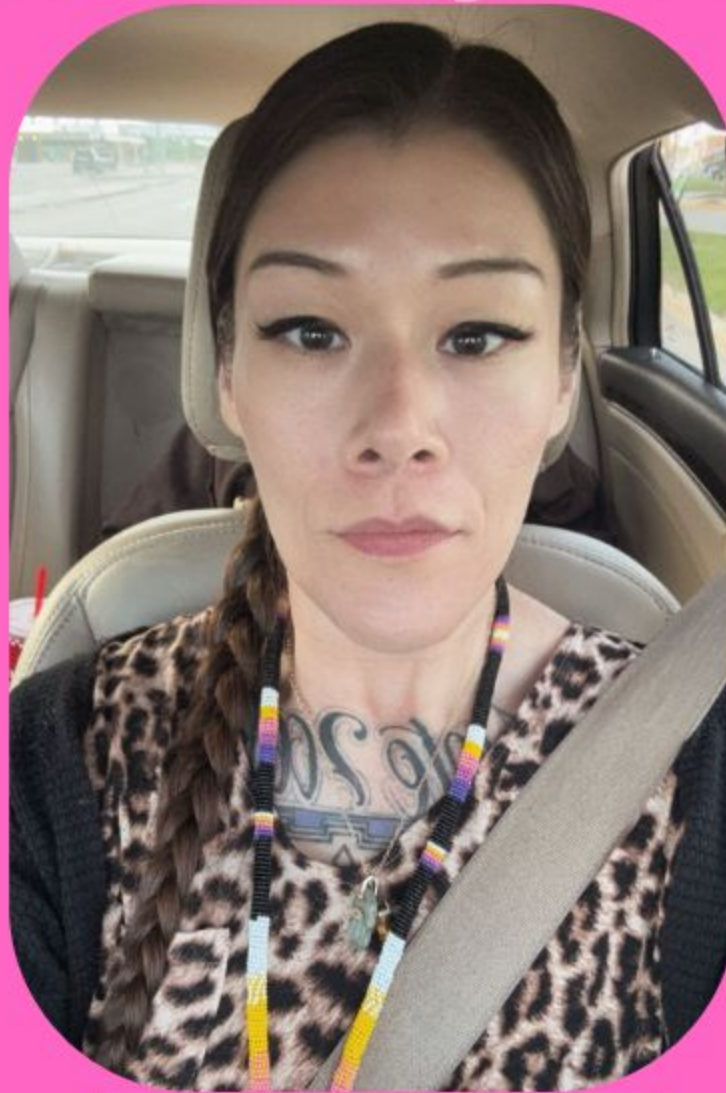


EVA CHRISTJOHN



JULY 2026

MEMBER SPOTLIGHT

EVA CHRISTJOHN

Share a little something about yourself.

Hello my name is Eva and I am from Oneida, WI. I am the mother to one amazing kiddo and the daughter of Theodore Christjohn and the late Susan G. Daniels. Their legacy lives in the way I carry myself-with intention, resilience and a deep respect for where I come from.

What motivates you to work out?

My greatest motivation comes from being a mother. I want to live a long, healthy life so I can be there for my daughter- to watch her grow, guide her, and to share every chapter of her life with her. She inspires me to take care of myself, not just for me but for the future I want to share with her.

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

I've definitely faced setbacks, but I've learned to treat them as file rather than roadblocks. Every challenge pushed me to step back, refocus and build a clearer vision for myself. Setting both long-term and short-term goals has been a game changer- it keeps me aligned, motivated and moving with purpose. I don't let setbacks define me, I use them to sharpen my determination and push even harder toward what I want.

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What exercises do you like to include in your workouts?

Strength training (variations of squats)

Best fitness advice?

The best fitness advice I've received is simple but powerful: take it one day at a time. Choose consistency over intensity. Lead with kindness toward your body. Let strength training be your anchor and always fuel your body well.

What do you enjoy most about Oneida Family Fitness?

Oneida Family Fitness is my go-to gym because it's always clean, comfortable, and incredibly friendly. The welcoming atmosphere makes every workout enjoyable, and the staff and members create a positive environment that keeps me coming back.

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

My favorite flavor of ice cream is blue moon with bubble gum.



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

One of the biggest lifestyle changes I've made is improving my diet. Working with a nutritionist has helped me understand what my body needs and how to fuel it properly. It's become a sustainable part of my routine, and it's made a huge difference in how I feel and perform.



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

