

DAN METOXEN



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MEMBER SPOTLIGHT

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Share a little something about yourself.

Hello, my name is Dan, 51 years old and live in Howard.
I grew up in Oneida. In my free time I enjoy hanging out
with family and friends.

What motivates you to work out?

I joined O.F.F. because I wanted to be healthier & stronger
for my kids and grandkids. Remaining active is a must for
them little ones. 😊

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

I've had a bad knee for a number of years so some leg
exercises can be a challenge. I've learned to focus on what
I can do comfortably, push it but don't overdo it to remain
active.

What exercises do you like to include in your workouts?

I walk the track to warm up and get things moving. Then
move on to the machines which I change up every day to
keep my workouts a little different.

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Best fitness advice?

Keep going, even on the days you don't feel like it. But at the same time don't beat yourself up if you miss any time. Get back to it and keep going.

What do you enjoy most about Oneida Family Fitness?

The Staff are always welcoming and encouraging, which is the biggest reason I remain consistent.

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

Biker here – Watch out for motorcycles!👁️

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

Getting healthier isn't just about working out. I've had to change what and the way I eat, make time for the gym, and keep a positive attitude through it all.

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