

DERRICK KING



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MEMBER SPOTLIGHT



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Share a little something about yourself.

Hello, my name is Derrick King, and I enjoy working out at the Oneida Family Fitness center.

What motivates you to work out?



Trying to obtain good health and staying active motivates me. I generally feel better overall when I exercise. When I reach my goals, it motivates me to continue to work out. Also, my family motivates me and encourages me to continue to be in the gym.



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

Yes, I've had setbacks. I remind myself of the goals I set for myself, and I want to be healthier in general.



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What exercises do you like to include in your workouts?

I like to walk outside, use the elliptical, weightlifting, core workouts and most of all I try to continue to play basketball during noon ball lol.



Best fitness advice?

Set goals for yourself. Don't be so hard on yourself when you do have setbacks. Ask for advice, I'm always asking the fitness center staff for advice. They always give good information and motivation to continue to work out. Don't compare yourself to others.



What do you enjoy most about Oneida Family Fitness?

I enjoy the environment at Oneida Family Fitness, again the workers are always willing to help. I really like the different workout areas and equipment they have at the facility.



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

I really enjoy being a dad and telling my wife and kids dad jokes and I'm sure they love hearing them.

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



I think it's a combination of several things, making the time, following through on your personal commitments. My family encouraging me to stay active and healthy.



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