# TANYA DANFORTH



ONEIDA
Family Fitness

**NOVEMBER 2026**

**MEMBER SPOTLIGHT**

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**Share a little something about yourself.**
I have been married for 22 years and am the proud mother of two sons, David and DeBron. I enjoy traveling and staying active.

**What motivates you to work out?**
My health, overall well-being, and feeling my best.

**Have you had any setbacks? And if so, were you able to overcome them? How did you do it?**
Yes, I experienced a back injury that set me back. I overcame it by listening to my body, focusing on recovery, and knowing my limits during workouts.

**What exercises do you like to include in your workouts?**
I enjoy a combination of weight training and cardio.

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**Best fitness advice?**
Work hard, stay committed, and take nutrition seriously. Focus on your fitness journey one day at a time.

**What do you enjoy most about Oneida Family Fitness?**
The group classes and the equipment they offer.

**What's something about you (fun fact) that not many people know?**
Many people assume I play basketball because most of my family do and I know a lot about the game, but I've actually never played. I enjoy watching it, though!

**What lifestyle changes accompany your dedication to workout out (diet, time, attitude)?**
Making time to work out, challenging myself and practicing portion control.

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

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