

# ABRAN GONZALEZ

## Wellness Champion of the Month



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*“It’s because they see my [social media] posts with my motivational stuff. They say, ‘Man, I started seeing what you’re doing.’ or ‘what you listen to.’ and ‘That got me here where I’m at,’”* said Gonzalez.

Abran Gonzalez, a buyer with Drainage District No. 1, is known to his coworkers as being on top of his health, showing tremendous dedication to fitness. However, few know that was not always the case.

It was in his early 40s, Gonzalez had a moment where he says his mind “snapped”. It happened while he was doing a simple task that the majority of the human population of the world have done.

“Once I started tying my shoes, my stomach hurt and I couldn’t really breathe and I just thought, ‘What’s wrong?’” he described. “You know. Something’s not – correct.”

Prior to that moment, he says he had “no drive, no motivation” to be active. He would put exercise aside or tell himself he would start on New Year’s Day.

Standing at five feet, six inches and, at the time, hitting the weight of 180 pounds, Gonzalez wasted no time and didn’t wait to make it a new year resolution.

“Think about, ‘Do it now!’ That’s how I see it now,” said Gonzalez. “I started reading, started gaining

knowledge of stuff that I heard that have worked. I started cutting down on stuff, so I lost weight.”

Abran started working on his diet and cleansing his body. Then moved on to cardio which included running and jumping rope. He gradually included a boot camp-type of routine into his lifestyle for a year. Then did a combination of what he learned at home every day.

The Hidalgo County Wellness Program was introduced to him in 2019 when Precinct 2 Commissioner Eduardo, “Eddie” Cantu started promoting it along with the Precinct 2 Indoor Sports Complex and the free fitness classes available to county employees. Gonzalez became instantly interested and started going to the classes at the program’s inception. He says the machines at the complex are what drew him to the classes.

Although Gonzalez knew eating healthy and staying active was a part of living a healthy life, he knew he was still missing something. It was recently that he realized he needed to get checkups.

"I did have a physical maybe four years ago, but then now I just need to stay on top of it. Because I do take supplements, I do eat well and all that. I just never really knew how my blood and blood pressure were," he said. "Now I know where I stand. I'm fine. I'm okay. I just don't want to drop the ball."

His dedication has influenced his coworkers to join in on the free fitness classes.

"It's because they see my [social media] posts with my motivational stuff. They say, 'Man, I started seeing what you're doing,' or 'what you listen to,' and 'That got me here where I'm at,'" said Gonzalez. "There are two excavator operators going now. So [the fitness class is] gradually growing now. We got three of the drainage [employees] in there."

Gonzalez notes that at the moment, the sports complex is still restricting the capacity of the classes to 10 people due to COVID-19 guidelines. However, employees will be notified once this has been implemented.

With his family, Gonzalez says he doesn't implement health on his three children, because they're active and are doing well. He agrees they probably picked up on his habits on their own. He explained when he started to implement fasting into his diet and got his mother to pick it up.

Gonzalez is appreciative of the fitness classes and is grateful the trainers were able to modify his workouts after tearing a tendon in his shoulder. He mentioned trainers at the Precinct2 Indoor Sports Complex will scale the exercises for anyone who attends.

"They do mention every morning [that] they do have a beginner and advanced [workouts]. If people are unable to do a certain movement, they'll show them what to do," said Gonzalez.

Gonzalez hopes more people take advantage of the free fitness classes once the sports complex raises the capacity of the classes.

"You can be unfit or fit and you'll be able to do it," he said.

