

Orlando Macias

Hidalgo County Wellness Program Champion of the Month

Orlando Macias, also known as “Oreo”, is always smiling. He says he really does not stress out about anything – even work.

“A lot of people always ask, ‘Why are you always smiling at work?’ I say, ‘Well, I woke up, man. I see my kids and I’m happy. I’m here at work.’ ‘You’re happy to be here at work?!’” he described. “Well, no, but I’m not stressed to be at work. I’m just happy I’m up.’ I’m always in a good mood.”

Macias has been employed with the county for nearly five years and is currently working in maintenance at Precinct 4. He says he enjoys working with his hands and constantly needs to be moving. He credits his late father, who was an automotive technician, for instilling in him a diligent attitude.

“He would never sit still,” Macias explained of his father. “He would be sitting down and get antsy and he would start cleaning. He’d go get the broom and start sweeping. He would move, man. He would not sit down.”

Macias added whenever he saw his father start cleaning, he would help. Over time,



Orlando "Oreo" Macias
Maintenance II at Precinct 4

he found himself being more active. In high school, he joined the football team. Then after graduating, he enlisted in the military where he was pushed physically. He served 18 months overseas.

Even though Macias’ positive look on life naturally enlightens him, that does not mean his mindset hasn’t been tested. In 2015, the sudden death of his father impacted him.

“

You're not going to see results right away, but you will eventually ... Whether it's eating healthy, working out, or talking to somebody.

Know someone who should be a Wellness Champion? Nominate them!



SCAN ME

Scan the QR Code to complete the online application

know something's wrong.' Then we'll go off to the side and they'll talk to me. I say, 'Okay. It's going to be okay. Don't worry. Everything is good,'" he described. "Sometimes I don't even have to ask them. They'll come to me. 'Hey, can I talk to you?' I say, 'Yeah. Sure.' So I try to give a positive vibe."

Macias recounted there are times older coworkers will come up to him asking for advice regarding their children. He says it shocks him a little because their children are usually nowhere near the same age as his children, but he does his best to give helpful input.

"I think [my dad's death] hit me hard," he explained. "I started eating a lot. It did bother me a lot. But at the same time I thought, 'No, my dad wouldn't want me to be doing this.'"

Macias continued saying that having a moment with his thoughts helps him. He talks out loud, giving himself affirmation to be better. "That's one way I get it out and I feel good."

His military background benefited him to get back on track to being healthy. Macias changed his diet and listened to hard rap music to hype himself up during his workouts.

Now with a family of his own, he makes sure his children keep moving too. His 6-year-old son is in tackle football.

"We go to the park and [work on plays]," he said. "That's one way I get to work out."

Macias mentioned his wife is a reliable support system, "She does her own workouts, but if I'm going to eat healthy – or she does – we'll eat healthy. We do push each other to eat healthy."

At work, Macias' overall positive attitude is seen among his colleagues. He says he does his best to encourage his coworkers, especially if he can see they are having a rough day.

"There are various coworkers I've seen. I see them and they're kind of quiet. I ask them, 'What's wrong? I

He first heard about the Hidalgo County Employee Wellness Program through emails and word of mouth. Although his position doesn't really allow him to participate in wellness events since he is out in the field at different locations, he still recommends county employees look into its services.

When asked about what his prime motivation is, Macias did not hesitate to say, "My kids. Yeah, you know. My kids sleep next to me on their bed and they're the first thing I see. When I roll over and see them, I'm like – okay. I feel like if I don't get up, I fail them. I'm not gonna give up. I need to get up."

Macias is naturally enlightened and does not mind sharing his positive energy with others.

"Stay consistent," he said. "Don't give up, man. You're not going to see results right away, but you will eventually, and somebody else will notice. Whether it's eating healthy, working out, or talking to somebody. You'll see results."

