

ANNA LAURA SANCHEZ

DEPUTY CLERK COUNTY CLERK'S OFFICE

For nearly 24 years, Anna Laura Sanchez has served Hidalgo County with dedication as a deputy clerk in the County Clerk's Office. But around the workplace, many colleagues know her for something beyond her title — her energy, positivity, and steady encouragement to live healthier lives.

Sanchez, 55, has become a familiar source of motivation in the office. As a wellness ambassador, she helps share information about county wellness activities, encourages coworkers to participate in events, and reminds others that improving health often begins with simple, consistent steps.

"I try to help and motivate the employees here to be part of a healthier lifestyle," Sanchez said. "I try to encourage them to participate in all the activities that the Wellness Program provides."

Her message is practical and welcoming. Whether it is signing up for a 5K, joining a step challenge, or choosing a healthier lunch, Sanchez believes every effort matters.

"I think anything that we do, whatever physical activity you do, is better than nothing," she stated. "Starting off slow is the best way because that'll keep you more consistent."

That focus on consistency has guided her own journey for decades.

Sanchez said she was not especially athletic growing up. In high school, she participated in marching band and Future Farmers of America, but organized sports were not part of her routine. It was after graduation that she decided to make a change.



"Now that I'm older, I feel a lot more healthier than I was in high school."

"I wanted to get in better shape," she said. "I started riding the bike and then I joined a gym eventually."

What began as a personal goal soon became a passion. Sanchez went on to become a fitness instructor, teaching aerobics and kickboxing classes during the popular fitness boom in the 90s. Later, she added running to her routine and found something she truly loved.

"I picked up running because I wanted to change up my routine," she said. "Once I picked up running, I never looked back. It became my passion, and participated in numerous events, including marathons and trail runs."

Her dedication was remarkable. Sanchez says she often woke up in the early morning hours to train and take care of responsibilities at home before work.

Even while raising children, she made exercise part of her schedule.

“You make the time,” she said. “There’s no excuse.”

That mindset continues to define her today.

Many people assume fitness becomes harder with age, but Sanchez sees it differently. She says staying active has helped her feel stronger now than when she was younger.

“Now that I’m older, I feel a lot more healthier than I was in high school,” she said. “I am doing way more than I did before.”

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She believes exercise offers benefits far beyond appearance or numbers on a scale. It builds energy, confidence, and a better quality of life.

“It does help you throughout the day and not only feels good, but it’ll benefit you in the long run,” Sanchez said.

Even recent challenges have not slowed her commitment. After suffering a foot injury that limited her ability to run, Sanchez adjusted instead of stopping altogether. She continued going to the gym to stay active in other ways.

“I still go to do yoga. I do a bunch of stuff to make up for it,” she said.

Her response reflects a valuable lesson: setbacks may require changes, but they do not have to end progress.

Sanchez’s influence in the workplace comes

not from speeches or pressure, but from example. Coworkers know her as approachable, upbeat and willing to share advice when asked.

She hopes more people take advantage of the county’s Wellness Program opportunities, from fitness events to nutrition resources. She understands that busy schedules can make healthy habits feel difficult, but she believes most people can begin with small changes.

“There’s always time,” Sanchez said. “Maybe doing even 30 minutes to 45 minutes or an hour. You can make the time.”

Her advice is simple: start where you are, stay steady and let habits grow over time.

“If you just do at least 30 minutes to an hour and you do it consistently, at least four or five days out of the week, you’ll be good,” she said. “Your body gets used to it.”

While discipline has fueled much of her success, Sanchez said her greatest motivation is her family.

“My kids were one of the main reasons why I continued to work harder at maintaining a healthy lifestyle,” she said.

She said becoming a mother changed her perspective and priorities. Her daughter and son remain at the center of her life, and maintaining her health is one way she continues to show up for them.

At the County Clerk’s Office, to many around Sanchez, she is a motivator, encourager and reminder that wellness is possible at any age.

Her story shows that healthy living does not require perfection or elite athleticism. It starts

with a decision to begin, the discipline to continue and the willingness to encourage others along the way.

For those wondering if it's too late to start, Sanchez offers living proof that some of the strongest chapters can come later in life.

