

Aleyda Anzaldua

Hidalgo County Wellness Program Champion of the Month

Aleyda Anzaldua is a front desk clerk and trainer at the Precinct 2 Indoor Sports Complex. Aleyda has been employed with the county for almost two years. She is known to encourage those attending the sports complex for the free fitness classes and to motivate them to keep going back.

“A lot of people get intimidated by the workouts because people don’t like to work out in a group setting. They feel other people are watching them, but I tell them, ‘All-in-all everybody’s here for the same goal,’” she explained. “It’s not so much about getting in shape [or] getting ready to run a marathon or anything, but it’s just about living a healthier lifestyle.”

Anzaldua had only been out of high school for a year, when she started working at the sports complex in June 2020. Over the last two years, she’s noticed her positive mindset has grown.

“When I first started working here I was about 200 pounds. Then I gained another 15 pounds [working] at the facility. Then I said, ‘Okay, let’s start!’” she recalled.



Aleyda Anzaldua

Clerk I/Part-time Trainer at Precinct 2 Indoor Sports Complex

She explained that she felt she needed to lead by example since she worked at a sports complex and was the first face attendees would see when entering the facility.

“It was more of a decision I made than someone pushing it on me,” Anzaldua said.

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“I just started working out in the class settings or I was also able to work out in my lunch [break] there at the facility.”

She kept up with her routine throughout the week along with changing her diet. On weekends, she would use the hike and bike trails.

“From 215 [pounds], I dropped all the way to 163. It took about a year and a half,” she recounted. “Now, still I target certain areas. I’m doing strength training now, so I am putting on more weight because I want to build muscle.”

Anzaldua added it has become a lot easier and fun because she can now help a lot of people who go to the fitness classes. “They would see me at the front desk two, three years ago. So now that they see me, they literally saw [my progress] happen.”

When it’s come to her mental health, Anzaldua says she has become more confident and comfortable with herself.

“I was about [200 pounds] in high school as well, so you can imagine that kids aren’t nice or anything like that,” she said. “I was very timid when I first got this job. Even getting the interview – I was very intimidated to go in front of my supervisors now to try to get a job. I wasn’t very much like the same person I am today where I’ll go up to a random person and go, ‘Hi! How can I help you?’ and things like that. I’ve definitely learned a lot and things that would stop me from doing it was pretty much my

weight.”

When others tell her she has the benefit of working at the sports complex, Anzaldua disagrees, “I started by going to the 5 a.m. [class]. I can’t work out on the clock. I choose to work out rather than have lunch. Yes, I am at the facility, but I can’t take any benefit from the noon class or the 5:30 p.m. or 6:30 p.m. [classes] because I’m on the clock. So I have to make the time, just like everyone else.”

She added that since she is a front desk clerk full time, she is constricted to the desk, similar to any other office employee.

Anzaldua learned about the Hidalgo County Employee Wellness Program during her first few weeks of being employed at the county. She joined the Employee Wellness Facebook Group and learned about what it provides to its employees.

She mentioned her mother recently started working at the tax office in Weslaco. Anzaldua hopes her mother will attend a class soon. In case she doesn't, Anzaldua has a plan and says she will take her to walk at the park across from her home. When it comes to her two older brothers, she says at least one of them listens to what she shares with him regarding health and wellness and hopes her other brother will follow.

Anzaldua highly credits her newfound confidence and motivation, to share everything she has learned with others, to the county employees who attend the fitness classes at the Precinct 2 Indoor Sports Complex. She noted they are the highlight of her day.

“They're coming from different departments, it's nice we get people from the D.A.'s office, people from the court, people from Precinct 2, [and] Precinct 4. Just seeing them all come together. That motivates me,” she said.

“At the end of the day, that's what we're here for. Seeing classes of 14-15 [people] and then laughing, dancing during class. That honestly does motivate me to continue, because they look up to us and that's motivating,” she continued to express.

Anzaldua hopes employees take full advantage of the resources the county provides.

“It's crazy! All the stuff that we offer here. A lot of people don't know it, but it's all free!” she exclaimed.

“The workout classes, the webinars, all of the health care outlets we have for therapy, and all that stuff,” she smiled and said. “It's great that we have those connections all the time.”

