

BLANCA AGUILAR

ACCOUNTING CLERK II TAX OFFICE

For Blanca Aguilar, wellness is about much more than losing weight. It is about creating a healthier life, setting an example for her family, and encouraging others to believe that positive change is possible.

Aguilar, an accounting clerk with the Hidalgo County Tax Office, has been with the county for nearly three years. During that time, she has become known not only for her dedication to her own health journey but also for the positive influence she has had on coworkers, friends, family members and others in her community. Her story serves as a reminder that meaningful change often begins with a single decision and grows through consistency, perseverance and support.

Growing up, Aguilar did not have the opportunity to participate in organized sports outside of school. While she enjoyed activities such as basketball and volleyball, transportation and family circumstances made extracurricular involvement difficult. Those experiences helped shape her outlook as a parent today.

“I definitely do encourage my kids to get involved, to be in sports,” Aguilar mentioned. “It’s a big thing. And if you’re doing it from when you’re little as you’re growing up, it helps you out in many ways, not only healthwise.”

Like many people, Aguilar faced health challenges that began early in life. She recalls struggling with obesity from a young age and growing up in an environment where nutritious eating habits were not exactly emphasized. While family meals were prepared with love, healthy eating was not a primary focus.



“There are resources out there that [county employees] should definitely take advantage of.”

As the years passed, Aguilar wanted to improve her health but often found herself unsure where to begin. She believes one of the biggest obstacles she faced was a lack of knowledge and awareness about available resources.

“I would say it was a lack of knowledge or the resources,” Aguilar said. “Not having the proper resources, or not knowing where to find the resources.”

Her perspective began to change after joining Hidalgo County. During employee orientation, she learned about wellness resources available to county employees, including the Active&Fit Direct gym membership benefit. Already interested in improving her health, Aguilar decided to take the next step.

She contacted Human Resources to learn more about the program and soon

found herself signing up for a gym membership. What started as a simple inquiry became a turning point in her life.

"That is what triggered me and motivated me to actually start focusing on my weight loss," Aguilar said.

Since then, Aguilar has committed herself to making healthier choices, exercising consistently and developing sustainable habits. Through dedication and persistence, she has achieved an extraordinary transformation, losing more than 150 pounds through lifestyle changes and exercise.

Her journey did not happen overnight. It began with simple changes at home.

"I started by eating healthier, making healthier choices at home," Aguilar said.

Instead of filling the pantry with unhealthy snacks and sugary drinks, she gradually introduced healthier options for her family. Those changes soon began influencing the people closest to her.

"It's not just weight loss. It's just being healthier overall."

One of the people most impacted by her example was her teenage son. As he watched his mother's progress, he became motivated to focus on his own health. Aguilar says her son began exercising and making healthier choices, eventually losing a significant amount of weight himself.

"So now I have both of my kids who are both into their own health," Aguilar praised. "They watch what they eat. They try to exercise. They

try to work out. They try to be healthier."

For Aguilar, seeing her children adopt healthier habits has been one of the most rewarding aspects of her journey.

"That, as a parent, makes me happy and makes me feel proud of myself that I'm being a role model to them," she said.

The impact of her example extends far beyond her household.

Over time, Aguilar's transformation began drawing attention from coworkers, friends, family members, and fellow church members. Many were surprised by her results and curious about how she achieved them.

Her sister became interested in adopting similar habits after seeing Aguilar's progress. Others in her church community were inspired by her commitment and determination.

"It's had like a domino effect," Aguilar said.

At work, Aguilar has become an enthusiastic advocate for wellness resources. She regularly shares information with coworkers about programs that have helped her, including the Active&Fit benefit. Several employees have signed up after learning about the program through her recommendations.

She also encourages coworkers through everyday actions, whether it is sharing healthier snack options, offering practical advice or simply providing words of encouragement.

"I love it," Aguilar said. "It is definitely encouraging and pushes me to want to do even more."

Her efforts did not go unnoticed. During her time as a Wellness Ambassador, Aguilar enjoyed helping promote wellness initiatives and sharing her experiences with fellow employees.

"I really, really enjoyed it," she beamed.

Aguilar believes one of the greatest strengths of the Hidalgo County Employee Wellness Program is the wide variety of resources available to employees. From wellness challenges and nutrition support to educational materials and mental health resources, she sees the program as a valuable tool for improving overall well-being.

"I believe that anybody who is struggling with how to start should go to one of these resources," Aguilar said. "It's a step to start your overall health."

She emphasizes that wellness is not limited to weight loss. Whether someone is managing stress, navigating a health condition or looking for guidance on healthy habits, she believes there are resources available to help.

"There is help," Aguilar said. "There are resources out there that they should definitely take advantage of."

The benefits of her healthier lifestyle have reached beyond physical changes. Aguilar says she feels more energetic, optimistic, and motivated than ever before.

"I catch myself smiling more," she giggled. "Just feeling better overall."

She also notices a significant difference in how she feels physically. Aches and pains that once affected her daily life have largely disappeared, allowing her to enjoy greater mobility and comfort.

Today, Aguilar continues to focus on maintaining her healthy habits while encouraging others to begin their own wellness journeys. Her advice is simple: take the first step, stay consistent, and do not be intimidated by the process.

"If you really want it, you can do it," Aguilar said.

For new employees, she encourages them to pay attention to wellness communications and explore the opportunities available to them.

"Don't overlook your emails," Aguilar said. "If you see something, at least read through it."

Whether it is participating in a wellness challenge, attending a webinar, consulting with a nutrition professional or signing up for a 5K event, Aguilar believes every small step matters.

Looking back, she is grateful for the changes she has made and the opportunities she has had to

inspire others. Her journey demonstrates that wellness is not defined by perfection but by progress, determination and a willingness to keep moving forward.

Most importantly, Aguilar hopes her story encourages others to believe in their own potential.

"If I can do it, anybody can," she said.

