

Rebekah Tijerina

Hidalgo County Wellness Program Champion of the Month

Rebekah Tijerina had a doctor's appointment late last year where she received unsettling information that prompted her to start making lifestyle changes.

"I had always worked out and tried to eat right," she explained. "Since October, I've really focused on it. I've really zeroed in on my health because of issues that arose then."

Tijerina continued by saying she had to retrain her brain or she would have been in a lot of trouble.

Just like many others, Tijerina says she has gone through many periods of her life when she would start working out – an on-and-off commitment. Currently, at the age of 52, she enjoys going on bike rides around her neighborhood and through the Bicentennial trail in McAllen.

"It's my new love right now," Tijerina chuckled. "It's my me-time."

Before her recent bicycle purchase, she had frequently attended the free employee fitness classes at the Precinct 2 Indoor Sports Complex in Pharr. She would go to the afternoon class after work.

She has worked with the county for more than five years as a deputy district clerk. Shortly after being employed, the Wellness Program was established. Tijerina first heard about the program through emails.



Rebekah Tijerina Deputy District Clerk at District Clerk Office

Tijerina has attended some wellness events throughout the past few years. In particular, she says she really enjoys the in-person wellness fairs.

"It was easier for me to talk to the different groups in person and spend more time with them," she said. "Plus they give you stuff. You get freebies and goodie bags!"

She mentioned that she also tries to listen in on

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“It's never too late to start on a healthier lifestyle and once you start it, it becomes addicting.”

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the webinars provided by Deer Oaks Employee Assistance Program Services.

“Sometimes they put them on the speakers at work. If they do that, then I can hear it,” she explained. “If not – I can’t use earbuds, because of my hearing aids.”

In addition to the fairs and the webinars, Tijerina has participated in the presentations held at the District Clerk Office. The program made a few visits to her department, one of them was with an H-E-B dietitian, who had presented healthier side dishes for barbecues.

“Watching H-E-B that day was very interesting,” Tijerina recalled. “It provided me with a lot of information I wanted more of, so then I turned into a Google nerd and started searching ‘healthier lifestyles’ or ‘better things for your body to replace’, and other things that aren’t so good for you.”

A lot of the information she gains from the wellness events, Tijerina takes home to share with her family, especially with her daughter.

“My daughter and I discuss a lot about health. She’s very careful about what she eats and exercises,” Tijerina says. “My husband supports me a lot as far as healthy eating and everything.”

At work, Tijerina is seen by her colleagues as a great motivator. She’s always encouraging her coworkers to go on walks.

“I walk a lot on my breaks and after I eat lunch,” she shared. “If I finish eating by 12:15, I’m out the door and for 45 minutes I’m walking. I either go outside or do the stairwells [of the courthouse].”

She added by saying her boss, District Clerk Laura Hinojosa encourages employees to step away from the computer to

refresh their eyes and stretch their legs.

When it comes to the occasional birthday treat or breakfast goodies at the office, she doesn’t deprive herself of cake every now and then.

“I don’t deprive my body of things like that, because you’re just setting yourself up for failure, in my opinion,” noted Tijerina. “If you’re body wants it, have it. Portion control in moderation and don’t overindulge.”

Tijerina says when she received results from her doctor last year, it became her main motivation to work on her health. Since then, she has lost 25 pounds. In addition to her health, she had another motive to be better – her grandson.

“I want to meet all my grandchildren and be part of their lives,” she chuckled. “It’s just important to me to stay active.”

She believes being active can start at any age as long as people can keep it up.

“It’s never too late to start on a healthier lifestyle and once you start it, it becomes addicting. It’s something you don’t want to stop doing, even though it is very easy to stop. Very, very easy to stop.”

