

Iris Ramirez

Hidalgo County Wellness Program Champion of the Month

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“Overall, just don’t give up. It doesn’t matter where you start as long as you start. It’s okay to miss here and there, but as long as you’re moving and you keep pushing yourself, you’ll get to where you want to be,”

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Iris Ramirez, Legal Assistant, District Attorney's Office

“I hated running! I hated it with the passion,” Iris Ramirez snickered. There’s no doubt some of us might share Iris’ same feeling about running. She says she never used to see her health as a priority but saw it as a chore.

However, sometime in 2019, a serious spark ignited in her. “Something just clicked,” she said. “I started running every day. Every day I just put in a mile and a half.”

In addition to running, Iris says she changed her eating habits and soon felt results.

She mentioned it wasn’t the first time she had taken up exercising. She was somewhat active playing softball but didn’t take on anything serious until a colleague and friend invited her to a CrossFit class, which was around 2015 when she was working for the City of Pharr. Iris was in her mid-30s at the time.

According to Iris, her friend would trick her into running. She says she was even talked into running a half-marathon. “She was constantly pushing me into running,” said Iris. “I would push her in the gym and she would push me to run.”

The motivation Iris gained seeped into her husband and children. “At first, I would push it on them a lot,” Iris explained. “But the more I pushed them the more they would reject it. It took them a couple of years and now on their own, they’ve decided to get moving.”



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Iris told us her daughter is highly praised by many people. “Ever since she was little, she had weight issues. But now, it’s a complete turnaround,” she said. “It’s motivated her to continue doing what she’s doing.”

Iris added that running has turned into a shared activity for her loved ones, “It’s become a family thing. If we got stuff going on, we focus and make it a point that we work out and we go run when we have the time.”

The path towards her new endeavor was not met without a few hurdles. Iris suffered a shoulder injury at the end of 2019.

“I had to do therapy for four months before I was even cleared,” she explained. “Once I started trying to work out again, I kind of gave up on myself. I kept thinking, ‘I can’t do this anymore.’, ‘I’m too old for this.’, and ‘I can’t afford the injuries.’ and whatnot.”

Iris realized she was fighting against her own doubt and knew she had to overcome her negative thoughts. “I looked back and thought, ‘You’ve gotten this far. You’ve done so much already. How is a shoulder injury going to hold you back?’”

She says her health journey has improved her overall mental health. “I am more focused and try to stay positive,” Iris said. “Just got to keep moving.”

Iris has worked for the County of Hidalgo for nearly five years. She transferred to the district attorney’s office around eight months ago after working at the district clerk’s office for four years.

“I did get a few coworkers at district clerks to go with me to [the Precinct 2 Indoor Sports Complex] to try out the workouts. And from there, a couple of them still go. Now [at the district attorney’s office], I’m still trying to push it on them, but it’s not – their time will come,” Iris said laughing.

She agreed her current coworkers are still getting used to her energy.

Iris says her state of mind has developed since she first started her health journey.

“It’s all motivation. You have to push yourself because nobody is going to push you to do it,” she explained. “At first, I thought of it more like a competition. You’re competing against other people. You’re trying to make yourself better than them. Now, I see it as like you push yourself for you. Regardless of what people are going to say and think, you have to motivate yourself. You have to keep pushing. That I think is a huge difference from when I started to now. Now I see it as I’m doing it for me.”

Iris says she’s not getting any younger. At the age of 42, she just wants to be in her children’s lives and watch them grow. It’s good to say her health is now the ultimate priority to keep up with them.

