

MAXIM P.

WELLNESS STORY

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[Try Maxim's
Salmon
Recipe here!](#)

"WHILE SMALL CHANGES CAN ONLY GO SO FAR, THEY HAVE GIVEN ME A GREATER SAY IN MY OWN HEALTH, AS WELL AS THE ENVIRONMENTAL CHANGES WE ALL EXPERIENCE."

"It is well-known that diet and fitness are a vital component to a healthy lifestyle during medical school. Little to my planning, I found myself surrounded by vegan-diet individuals (my MSR roommate being one). They have educated me – willingly or not – to be more thoughtful about the food I eat, whether it's animal welfare or the environmental impact. I have worked to make small, manageable changes to my diet to improve my health and lessen my carbon footprint.

These changes were large to me, but apparently "very basic" to others. Now, I add more vegetables to every meal and cut out red meat by substituting it for shrimp or fish.

While small changes can only go so far, they have given me a greater say in my own health, as well as the environmental changes we all experience. Through collective effort, we can make the greatest impact.

I encourage all of you to do the little things when you're able: bring a reusable grocery bag to the store, substitute the ground beef for ground turkey, and maybe even mix in a veggie once in a while."