


NICK H.

WELLNESS STORY

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Check out Nick's *Healthy Chicken Adobo* and more in the [Medical Student Cookbook](#)

"WHILE MY FITNESS GOALS HAVE EVOLVED, MEAL PREPPING BECAME MY SECRET WEAPON FOR STAYING CONSISTENT WITH HEALTHY EATING DESPITE MEDICAL SCHOOL'S DEMANDING SCHEDULE."

"During my M1 year, I often found myself pressed for time, juggling school, extracurriculars, workouts, cooking, and studying. My solution was weekend meal prepping. By dedicating a few hours to prepare meals, I ensure that even on my busiest days, the food I eat aligns with my health goals. I keep premade grocery salad bags in my fridge when I feel like I don't get enough vegetables, and I stock up on plenty of fruit throughout the apartment. Of course, I won't say no to free food on campus. I just try to be more mindful about how many pizza slices I eat. When I don't have time for a full hour at the gym, I compromise with 30 minutes of cardio on the treadmill or elliptical. This combination of mindful eating and efficient exercise helps me stay on track with my fitness goals, promotes my mental health and well-being, and opens up my day-to-day schedule for other important activities. I encourage everyone to practice in the kitchen, pick up a recipe or two from the Medical Student Cookbook, and find small ways to tweak your day-to-day habits. Even the smallest changes can make a meaningful difference in how you feel and perform."

