In the sometimes stressful and seemingly endless process of learning to become physicians, many other activities that were once priorities can sometimes take the back seat. Healthy eating and exercise are often two of the first things to go when you’re 4 lectures behind in anatomy, all of Embryology looks like a taco and you’re still not even sure what Histology is. However, making mentally and physically healthy habits is essential to maintaining wellness in medical school and beyond. Plus, you will be telling patients to do it for the rest of your lives! Choosing Healthy Eating Fresh (CHEF) is a student organization dedicated to helping BCM students and the larger BCM and TMC communities make healthier choices. CHEF polled current BCM students on their experiences with various aspects of wellness during medical school, and what resulted is this booklet. We hope you find this helpful and that it makes for an easier transition into life as a medical student.

We know that medical students are typically short on both money and time. This book was created with that idea in mind and aims to provide some suggestions but is by no means an exhaustive list. If there’s one thing we’ve learned at Baylor, it’s that our fellow students are a smart and scrappy group of people who, together, have a wealth of information about almost anything. That being said, do not feel that you need to do all of these activities in order to be a healthy, balanced and happy student. We in no way want you to feel obligated to do more things than you already are. Instead, bask in the many options provided and find some things that seem fun and doable. No one knows your schedule, interests and needs better than you do.

-- Your friendly CHEF Officers
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EXERCISE

For more information about some of Houston’s more well-known and more obscure walking/running trails, check out the Houston Walks Blog.

RUNNING

Rice University Loop
Proximity to medical center, well-maintained course and views of the beautiful university and surrounding neighborhoods makes this a favorite local running route.
- Gravel 2.9 mile trail, mostly shaded, two water fountains
- Park in neighborhoods north or south of campus but beware of No Parking or Permit Only signs… OR
- $1 parking in stadium lot via entrance on Greenbriar (you will need a debit/credit card)
- BCM Running Club meets in stadium lot every Tuesday evening—see BCM Running Club Facebook group for exact timing

Hermann Park
Run through the park, around the golf course under the shade of historic oak trees
- 2 mile Marvin Taylor Trail loop, mostly gravel
- Parking available throughout park or in zoo lot; there is some parking along Hermann Drive by the Amalfi/Espanade apartment complexes; parking in this area is difficult on the weekends
- It is not advised to run at night in Hermann Park

Brays Bayou Hike and Bike Trail
Paved and dirt trail along bayou in SW Houston from Hermann Park all the way west into Meyerland. This is the one you drive over to get to BCM from condo-land.
- Very little shade, no water fountains
- Park in neighborhood on either side

Buffalo Bayou Park
Run along Allen Parkway, between Shepherd Drive to Sabine Street, past fountains and sculptures with great views of Downtown.
- 20 miles of paved trails, some shade
- Park along Allen Parkway or in neighborhood on either side

Memorial Park
One of Houston’s most popular running (and biking) destinations
- Park along Memorial Loop Dr (north of Memorial Dr) or Picnic Ln (south of Memorial)
- Seymour-Lieberman Running Exer-Trail is a 2.93 mile crushed granite trail with exercise stations and water fountains along the way.
- Quarter mile asphalt timing track across from Tennis Center
Kenyan Way Running Club in Memorial Park
- Running group with coaches and specified runs including hills and interval training
- $5/session

Paul Carr Jogging Trail in the esplanade of Heights Blvd
- From I-10 to 20th street (about 2-2.5 miles one way)
- Park in surrounding neighborhood, watch out for cars!

Terry Hershey Park
A bit more of a drive, but run along Buffalo Bayou west of Beltway 8, just south of I-10 and somehow feel like you’re not in the middle of a sprawling metropolis for a bit.
- Free parking
- Hike and Bike Trail ~ 8 miles gravel or dirt path

Want to become a runner but don’t know where to start?
- Grab a running buddy and start a Couch-to-5k program.
  - http://runhouston.com/c25k/
- For a list of running tips, check out the Luke's locker Houston blog
  - http://www.lukeslocker.com/company/locations/Houston/
- Track your runs, share with friends and watch your progress with a running app
  - MapMyRun, Run Keeper, Nike Running

YOGA

YogaOne
- Flow, Bikram, Warm (Bikram practice, just at lower temp), Forrest classes
- Midtown location closest to TMC: 3030 Travis St Houston 77006 (there are also locations in Uptown, Bellaire, the Heights and Pearland)
  - Midtown location is accessible from the Medical Center by Metrorail
- New student discount: $30 for 1 month unlimited classes
- Membership: $60/month unlimited classes w/student discount
- “Community Classes” (led by newly trained instructors) are $5

Yoga House Houston
- Kemetic, heated, acro classes and more!
- 4001 Almeda Road Houston, Texas 77004
- New student discount: $30 for 30 days unlimited
- $20 drop in; other packages available

BIG Power Yoga
- All heated classes
- Montrose location closest to TMC: 3115 Allen Pkwy Houston 77019
● New student discount: $25 for 1 month unlimited
● Membership: $75/month
● 2pm class is always $5

**Discovery Green**
● Always free; on the deck w/cool views of downtown,
● Core Focused Yoga: Tuesdays 6:30-7:30pm
● Blissful Warrior Yoga: Saturdays 9-10am
● Parking can be a bit of a fiasco. Check out this [helpful map](#)! Also accessible by MetroRail

**Joy Yoga**
● Washington Ave location closest to TMC: 4500 Washington Ave, Ste 900 Houston 77007
● Park behind building, go upstairs, studio is at the end of the hall
● New student special: $39 for one month unlimited
● $99/month when you sign up for 6 months autopay membership

**Yoga Eado**
● 2955 Gulf Freeway, Ste B Houston 77003
● $12/class; $69/month unlimited classes

**Arya Samaj of Greater Houston**
● Yoga for Body, Mind & Spirit
● 14375 Schiller Rd. Houston TX 77082
● Free! Sunday mornings 8-9:30am

**Ecclesia Church Community Yoga**
● Free class every Tuesday 9-10am led by owners of YogaOne
● 1100 Elder St. Houston 77007

**GYMS**

**BCM gym**
● 8th floor of Garage 6 - (713) 798-5810
● $15/month
● Indoor basketball court, cardio and weight lifting room, group fitness classes, lockers

**UT Rec Center**
● 7779 Knight Road Houston 77054
● $23/month with 3 month membership
- Free parking, outdoor Olympic size pool (heated in winter) and group classes (pay extra for those), athletic fields, jogging trail

**24-Hour Fitness**
- SuperSport club in Rice Village, many others around Houston
- $39.99/month w/BCM employee discount, join during promotion to avoid initiation fee
- Group classes, indoor pool, free parking, showers, hair dryers

**LA Fitness**
- Medical center location: 2130 W Holcombe Blvd
- $99 initiation fee
- BCM student discount ~$40/month
- Group classes, indoor pool, free parking, showers, hair dryers

**YMCA**
- Stella Link or Downtown locations closest to TMC
- Financial Assistance available for people who make < $60,000/year (as in, all of us); otherwise $38/month for young adult membership

Apartment gym – included in rent & variable facilities

**BIKING**
The options listed below are more for recreational biking on designated trails than commuting. Lots of students bike to school and generally feel safe doing so. That being said, Houston drivers are NOT always on the lookout for cyclists and it’s a less “bike-friendly” city than many other major cities. Be aware of your surroundings, don’t assume that cars will see you and ALWAYS wear a helmet. Seriously, all the cool kids wear helmets.

- **Brays Bayou trails** (see running section above)
- **Memorial Park trails** (on the south side of Memorial Dr - see running section above)
- **Terry Hershey Park** (see running section above)
- **George Bush Park**
  - Large park (>7000 acres) along Buffalo Bayou, west of Beltway 8 between I-10 and 59
- **Sam Houston National Forest**
  - Huge hiking, camping and “mountain” biking destination 50 miles north of Houston.
- **Bayou City Adventures**
  - Offers bike rentals and guided tours of Houston (including a Burgers and Bike tour!)

**OTHER GYMS / WORKOUTS**

**Define**
- Montrose: 3209 Montrose, Houston 77006
• West U/Rice Village: 2518 Bissonnet, Houston 77005
• $20/class or buy in bulk to save, more details on website
• Classes named Body: pilates & barre; Rev: spinning; Mind: yoga

The Bar Method
• 503 Westheimer Rd, Houston 77006
• New client special $89 for 30 days of unlimited classes
• $175/month auto renew membership

Women’s Elite Boxing Gym
• 6423 Richmond Ave, Ste E, Houston 77057
• $100/month for unlimited sessions
• Cardio, boxing, weights, circuit training

CrossFit Eado
• 2955 Gulf Freeway, Ste B Houston 77003
• $170/month

Dancing
• Jewish Community Center (you don’t have to be Jewish or a member!)
  o 5601 S. Braeswood Houston 77096
  o $13/class
• METdance
  o 2808 Caroline (at Dennis) Houston 77004
  o Ballet, tap, modern, hip-hop, zumba and more!
  o $15-20/class or 6 week long intro class for $85

Rock-Climbing
• Texas Rock Gym
  o 1526 Campbell Rd Houston, TX 77055
  o $15 day climbing pass, $130/10 climbing passes
  o Membership: $70/month
  o Half off on Friday & Saturday nights w/ student ID
• Stone Moves
  o 6970 Farm to Market 1960 Rd W, Houston, TX 77069
  o $12 day climbing pass, $100/10 climbing passes
  o Membership: $45/month auto pay (6 month commitment) or $60/month cash
• inSPIRE Rock
  o 403 E. Louetta Rd. Spring, TX 77373
  o $16 day climbing pass, $120/10 climbing passes
  o Membership: $60/month

WATER SPORTS
These activities are always more fun with friends! Drop a line on the class Facebook group and carpool to the water for a study break :)

A general guide and list of waterways is available here: [http://www.tamug.edu/paddler/](http://www.tamug.edu/paddler/)

A short list of options includes:

- **Buffalo Bayou**
  - Bayou City Adventures offers kayak and canoe rentals and tours along Buffalo, as well as Armand and Green Bayous

- **Spring and Cypress Creek**
  - Multiple launch points available in Spring and Humble (north of Houston) refer to website for further info

- **Lake Conroe**
  - Refer to this website for info on public access around the lake
  - Refer to this website for info on tours, rentals, etc

**WORKOUT VIDEOS**

- **YouTube**
  - **BeFit channel**: workouts from 10-60 minutes long including yoga, cardio, dance
  - **Yoga with Adriene**
  - **Ekhart Yoga channel** (or for $8 per month, unlimited access to thousands of yoga and meditation videos; includes app for iPad)

- **Jillian Michaels** - individual DVDs $5-10 on Amazon

- **P90X DVD Workout Kit** - 12 DVDs w/different workouts + nutrition planner $140 on Amazon

- **T25 DVD Workout Kit** - 9 DVDs w/11 different 25-minute workouts + nutrition planner $140 on Amazon

**MULTI-GYM DISCOUNTS**

- **Class Pass**
  - Want to keep some variety in your workout regimen or try a new type of exercise without committing to a full membership? Try Class Pass, a program that, for $79 per month, gives you unlimited access to participating gyms and studios in a given metroplex. There are over 100 participating exercise venues in Houston, including yoga, crossfit, boxing, swimming, Barre, cycling, and much more. With an app for the iPhone, Class Pass enables you to explore new parts of your neighborhood while ensuring you get a variety of exercise options.

- **Groupon**
  - Sign up to receive daily emails with coupons for local goods and experiences, including health and fitness deals!

**EFFECTS OF STRESS AND STUDYING ON YOUR BODY**

As you will learn in Head and Neck anatomy and the Neuroscience course, some migraines and tension headaches can be caused by stress, eye strain, slouching, and many other things that
we chronically do while studying. Thus, many students begin to get more headaches in medical school than before. Stress causes headaches and getting headaches can be stress-inducing.

- **Headaches:**
  - There are many things you can do to prevent headaches, including monitoring caffeine intake (difficult, we know), getting more sleep, minimizing unnecessary computer/screen time, eating healthily, sitting with proper posture, exercising, staying hydrated and reducing strain on the eyes.
  - [For more information on reducing headaches](#)

- **Neck and Spine Alignment:**
  - Introduce some variety in your studying "position" to reduce neck tension. This can include switching chairs every hour or so, studying standing up, lying on your stomach, etc.
  - Useful tools to reduce neck tension
    - $15 desktop book stand from Amazon (especially useful for those big, heavy anatomy atlases!)
    - [Fit Bike](#) and [Treadmill Desk](#) - available on the 3rd and 4th floors at BCM, or get your own!
  - Regular exercise can reduce stress and tension in the muscles of your neck and shoulders, thereby reducing headaches.
  - Massages every once in a while can also reduce neck tension and help you relax. There are many great massage studios inside Loop 610, some of which offer discounts. Utilize Google, Groupon and Yelp to find these. Consider asking family for gift certificates for your birthday/Christmas.
  - And, as always, if you have genuine difficulties with headaches, see your doctor (this means you must have a primary care physician! Be sure to sign up with one before getting sick!)

- **Eye strain**
  - So much of modern American life consists of looking at things close to us: computers, phones, TV screens, books, etc. This can cause eye pain, fatigue and headaches. There are several practices that can reduce eye strain and thereby reduce headaches while studying:
    - Go for a walk outside to change the focus of your eyes for a while
    - Take regular study breaks without looking at your computer to help rest your eye muscles.
    - Studying in the daytime instead of late at night can also reduce eye strain
    - Adjust the light in your study area. If the lighting is too low it may cause strain in your eyes and you would easily feel tired. However, too much light can also hurt your eyes because of the glare. Avoid lights that are too bright.
    - Consider downloading the [f.lux](#) app for your computer. F.lux adapts the brightness of your computer screen to the time of day, warm at night and like sunlight during the day. Changing your computer display brightness can reduce eye strain as well as help you sleep better.
    - Ekhart Yoga Video for eye strain
HEALTHY EATING

GROCERY STORES

- **HEB**
  - On Dunlavy just south of West Alabama
  - On Buffalo Speedway just north of Bissonnet
  - Both are neighborhood staples and get super crowded Sat/Sun afternoons
  - The one on Dunlavy has Food Truck Fridays and other events w/music on weekends
  - Great for all your day-to-day grocery shopping needs w/decent sales

- **Trader Joe’s**
  - On Shepherd just north of West Alabama
  - What it lacks in produce selection, it makes up for with the best frozen food section ever and cookie butter… need we say more?

- **Kroger’s**
  - Old Spanish Trail & Cambridge - less selection but a convenient option for many students living in the condo-land area
  - Buffalo Spdwy at Bissonnet - huge and just as nice as the HEB across the street

- **Whole Foods**
  - Bellaire Blvd - smaller but less crowded
  - Corner of Kirby & West Alabama - always busy but with a nice outdoor patio for enjoying your bounty from the prepared foods section

- **Central Market**
  - Corner of Westheimer & Weslayan
  - Incredible prepared foods section (the sandwiches are amazing)
  - Overall pricey but has some more obscure, worldly and finer foods

- **99 Ranch Market**
  - 1005 Blalock Rd. Houston, TX 77055 (on the feeder road of I-10 West)
  - Asian supermarket chain with imported and specialty goods for those looking for a truly authentic experience/meal.
  - Also houses an extensive food court, asian bakeries and bubble tea shops

- **Fiesta**
  - Kirby, just south of Old Spanish Trail
  - San Jacinto at Wheeler
  - Do NOT be fooled/scared by the somewhat sketchy surroundings of this Houston-based supermarket chain. The produce is fresh, often the cheapest in town and the vibe inside is super friendly.
  - Great international foods section with specialty items from across the world

- **Costco Wholesale**
  - Richmond near Weslayan
  - Membership costs $55/year and includes an additional card for a household member over 18yo
  - Great for stocking up on paper goods, granola bars and frozen foods
FARMER’S MARKETS

● **Urban Harvest Farmer’s Market**
  ○ Eastside:
    ■ 8am-12pm Saturdays (year-round, rain or shine)
    ■ 3000 Richmond Ave
  ○ Downtown:
    ■ 11am-1:30pm Wednesdays (Sept 9 - Dec 16, 2015)
    ■ In Hermann Square in front of City Hall

● **Rice Farmer’s Market**
  ○ 3:30 – 6:30pm Tuesdays (year-round, rain or shine)
  ○ West Stadium parking lot, 5600 Greenbriar

● **Produce picking**
  ○ **Froberg’s Farm**
    ■ 3601 TX-6, Alvin TX 77511
    ■ Strawberry picking available Jan - May
  ○ **Moorhead’s Blueberry Farm**
    ■ 19531 Moorhead Rd, Conroe TX 77302
    ■ Blueberry picking May - July

● **CHEF’S Market Co-op**
  ○ Biweekly deliveries of fresh, seasonal, local produce straight to BCM - force yourself to eat seasonably and try new things while supporting local farmers
  ○ Yearly membership: $36 (can be split with a roommate or classmate!)
  ○ Shares range in size from small fruit basket ($11) to large mixed fruit & veggie basket ($40).

GROCERY SHOPPING TIPS

● Plan ahead
  ○ Pick out the recipes or meals you want to have each day for the next week and make a list of everything you need (see GroceryTrip in Apps section).
  ○ Save money, waste less food and have fewer unhealthy snacks in the cupboard.
  ○ If you go to HEB, download the HEB Mobile App to your smartphone. This app enables you to scan coupons, organize your shopping list, know what’s on sale at your local HEB, manage your prescriptions and find any specific item in your local HEB store.
  ○ Remember to stay flexible and keep the season in mind. If a recipe calls for blueberries and it’s the middle of December, you may not be able to find them and if you do, they’re likely to be more expensive and less tasty (see Farmstand in Apps section). Eating foods that are in season enables you to add more variety to your diet while continuing to dine deliciously on a budget.

● Stick to the perimeter
  ○ The healthiest items (i.e. produce, meat & seafood, dairy) are on the outer edges of the store, while more processed items are on the inner aisles.
○ Venture into the inner aisles for specific items, not just to see if you need anything.

● Look for coupons
  ○ In the store
  ○ Online
  ○ In those annoying weekly leaflets you get in the mail

● Read food labels
  ○ Avoid foods with a laundry list of ingredients or ingredients that you have to sound out like a 3rd grader
  ○ High-fructose corn syrup can generally be used as a marker for a highly processed food. The more processing a food undergoes, the fewer nutrients leftover!

● Avoid stressed out grocery shopping
  ○ Sunday afternoons can be a real shit-show at some stores between fighting for a parking spot to grabbing that last gallon of milk. The end result is greater frustration, lost time and more impulse buying
  ○ Avoid going to the store hungry - you'll inevitably buy more than you ever intended (seriously, it's been studied)

● “Eat food. Mostly plants. Not too much”
  ○ For more great tips, read Michael Pollan's book “Food Rules”, $7 on Amazon

HEALTHY RESTAURANTS
You'll quickly come to realize that Houston is a food lover’s paradise. It’s been said that we have more restaurants/eateries per capita than any other city in the world and cuisine from almost every corner of the globe. Eating out is a great way to explore Houston with friends, try new things and of course, avoid doing dishes at home ;). There are tons of restaurants around town with healthy(ish) options but here is a short list of BCM student favorites that are relatively cheap and consistently offer healthy, delicious choices. Utilize Foursquare or Yelp to find delicious restaurants near you!

Grab-and-go
● Big & Juicy - juice and smoothie bar inside BIG Power Yoga
● Snap Kitchen - locally sourced prepared snacks and meals with a microwave in the store by the cash register! Eating healthy and quick is possible after all!
● Salata - salad bar (one location on Fannin in the med center)

Sit-down Restaurants
● Baba Yega
  ○ Healthful American eats & weekend brunch buffet served in a charming old house in Montrose with ample outdoor seating.
● Bowl Cafe
  ○ Fast casual counter service cafe with sandwiches, salads and soups
  ○ On Richmond, east of Montrose
- **Café Brasil**
  - Artsy hangout for coffee, sandwiches & salads with a relaxed vibe & live music performances at night.
  - On the corner of Dunlavy and Westheimer with two outdoor seating areas
  - Parking looks impossible but it’s actually easy… just park on one of the neighborhood streets parallel to Westheimer and walk a block or two to Brasil!
- **Fadi’s Mediterranean Grill**
  - Huge buffet of classic Mediterranean cuisine
  - Multiple locations, including one in Meyerland
- **Field of Greens**
  - Vegetarian and vegan relaxed counter-service spot
  - On West Alabama between Kirby and Shepherd
- **Green Seed Vegan**
  - All vegan smoothies, juices and sandwiches
  - On the corner of Almeda and Wheeler Ave
- **Green Vegetarian cuisine**
  - Serves delicious vegetarian comfort food
  - On Chimney Rock just north of Bellaire Blvd.
- **Hobbit Café**
  - A quirky atmosphere with seriously delicious sandwiches, salads, brunch and more
  - Huge serving sizes and very vegetarian friendly
- **Local Foods**
  - Amazing sandwiches, salads and the most refreshing mint-ade you’ve ever had
  - Two locations, Rice Village is closest to TMC
- **Pepper Tree Veggie Cuisine**
  - Asian-style vegan eats ordered a la carte or as part of an all-you-can-eat lunch buffet.
  - On Richmond, in shopping center just north of the movie theater at Wesleyan
- **Pondicheri Cafe**
  - Breakfast, lunch and dinner offered at this “non-traditional authentic” Indian fusion bakery and cafe.
  - In the shopping center on the southwest corner of Kirby and Westheimer
- **Ruggles Green**
  - Only location right now is in the Heights but worth the trip for vegan, vegetarian and gluten-free friendly menu. West Alabama location opening soon (hopefully).
  - Also great for carnivores!
- **Zoe’s Kitchen**
  - Fast casual fare with a Mediterranean vibe
  - Multiple locations, one in Rice Village is closest to TMC

Sit-down and dress a little nicer Restaurants
- **Radical Eats**
○ Farm to table cuisine featuring locally raised meats, vegetables and fruits on a frequently changing menu
○ Located in the heart of Montrose on Westheimer

- **Roost**
  ○ Cozy farm to table bistro dishing up a diverse selection of creative New American dishes in a small, old house
  ○ On Fairview St. between Dunlavy and Shepherd

- **Sparrow Bar and Cookshop**
  ○ Industrial-chic farm to table restaurant with seasonal menu of New American cuisine and creative cocktails
  ○ On Travis St. near the edges of Montrose and Midtown

**HEALTHY SNACKS**

- Nuts or trail mix (just be careful with portion sizes!)
- Edamame
- Fruit
- Oatmeal
- Greek yogurt
- Boiled eggs
- Cottage cheese
- Hummus w/veggies (bell pepper slices, carrots, raw green beans, raw broccoli)
- Bars – Kind, Lara, Clif
- Popcorn w/no butter
- Avocado toast
- Smoothies (protein + frozen fruit)
  ○ You can use any sort of blender or food processor, but if you want to buy a high-quality blender, we’d recommend the Ninja
  ○ Look on Pinterest or blogs for all sorts of smoothie recipes
  ○ Add kale, spinach or another green to your smoothie. You will be surprised how much you can cram in without even tasting it!

**COOKING TIPS FOR HEALTHY MEALS**

- Rethink your plate!
  ○ Meat often takes center-stage at lunch and dinner but a serving size is only 5-6 ounces (about the size of a deck of cards). Most Americans eat far more meat per day than their actual protein requirement calls for.
  ○ Make vegetables the bulk of your meal with meat or other protein a smaller side
  ○ When you eat meat, choose leaner options like poultry or fish.
  ○ Other great sources of protein include: beans, peas, nuts, seeds, quinoa, tofu and other soy products (which, contrary to some rumors, will NOT increase your estrogen level)
  ○ The [MyPlate website](https://www.choosemyplate.gov/) from the USDA is actually really helpful and has tons of tips
• **COOK!**
  - Everyone can cook, we promise! Even if your kitchen skills consist of boiling water or just pressing “start” on your microwave, you can still learn. Cooking CAN be easy and enjoyable. Just takes a little bit of practice!
  - Use the power of Google, Pinterest and the CHEF Recipe Book to find tons of healthy, easy recipes.
  - Simplicity is key!
    - Remember Dr. Brandt’s “pizza rule” - if it takes longer to cook than it takes to get a pizza delivered, you’re less likely to do it on a regular basis
    - Don’t be overly ambitious with recipes - if it requires a long list of ingredients or special equipment, it probably violates the pizza rule
  - If you’re curious and want to learn more practical cooking skills, sign up for the CHEF cooking class elective, offered each fall to MS2s (for credit!)

• **Easy substitutions!**
  - Olive oil instead of butter
  - Plain greek yogurt instead of sour cream
  - Brown grains instead of white grains (rice, pasta, bread etc)
  - Popcorn (no butter, lightly salted) instead of chips
  - Sweet potato fries instead of regular fries
  - Blended frozen banana instead of ice cream
  - Applesauce instead of butter
  - Sparkling water instead of soda

• **Eat your colors!**
  - Try to eat foods with a variety of colors throughout the day
  - The deeper and more intense the color, the more nutrients it contains
  - Cram as much spinach, kale or other preferred green as you can into your diet (i.e. in smoothies, salads, steamed vegetables, etc.)

• **Experiment with spices!**
  - This is a low-calorie way to make your food tasty
  - Flavor God (at Trader Joe’s) and Mrs. Dash are salt-free all-purpose seasonings that add a lot of flavor
  - Be sure to taste your food before adding extra salt

• **Meal prepping!**
  - It’s all the rage. It’s also a great way for you to save time, energy, money and frustration, all while eating healthy. Chop, cook and pack food ahead of time and store it either in the fridge or freezer for easy meals throughout the week.
  - Invest in a slow cooker, tupperware and plastic bags and you’re off to a great start.
  - For an introduction to meal planning and prepping, see this link: [http://www.eatsandexercisemyamber.com/home/meal-prep-for-beginners](http://www.eatsandexercisemyamber.com/home/meal-prep-for-beginners)

• **Pack your lunch!**
  - Food options in the med center can be expensive and unhealthy. Luby’s breakfast tacos and Chick-fil-a nuggets from TMC Commons are delicious, but are hardly sustainable for your wallet and your waistline.
○ The BCM student lounge has refrigerators with substantial storage for your delicious packed lunches and several microwaves and a toaster oven.
○ Make an extra serving of dinner the night before and bring leftovers for lunch
**APPS / TECHNOLOGY**

- **Fitness**
  - *Nike Training Club*
  - *Nike Running*
  - *Map My Run*
  - *Map My Ride*
  - *FitBit*
  - *Human* - activity & calorie tracker
  - *Sworkit* - free workout trainer
  - *RunKeeper*

- **Healthy eating**
  - *Fooducate* - healthy diet partner
  - *My Fitness Pal* - diet tracker
  - *LoseIt!* - weight loss program
  - *Grocery IQ* - sync and share grocery lists to multiple devices to make shopping with your roommate or partner more efficient
  - *GroceryTrip* - Instead of copying all the ingredients you need from a recipe online, *GroceryTrip* ($3) will actually scan the recipe for you and compile it into a list you bring with you to the store. This makes it easier for you to try new recipes and cook at home more often, which translates to big savings because you’re not eating out as much.
  - *Farmstand* - Buying fruits and veg that are in season will save you money; buying local reduces waste and fosters the local farmers. *Farmstand* helps you find locally grown food that will go easy on your budget

- **Organization**
  - *Sleep Time*
  - *Sleep Cycle*
  - *Power Nap*
  - *Todoist* - This app is amazing. We all know that medical students are complex people with many different roles in school, family, groups, volunteering, research and much more. This app really allows you to compartmentalize your many obligations and responsibilities with to do lists that sync to all your devices, including computer, iPad, iPhone, Android and many more.
  - *Keyring* - This app enables you to keep all of your loyalty cards on your phone, preventing you from having to carry around loads of key fobs. This works well at stores with loyalty cards, such as Kroger, Walgreens, etc.
HOBBIES & ACTIVITIES TO HELP KEEP YOU SANE

1. Cooking
2. Exercise
4. Writing – keeping a gratitude journal
5. Hanging out with friends and family
6. Make friends and/or keep up with friends who are not involved in medicine
7. Traveling (on weekends & breaks)
   - Some good recommendations for those not familiar with Texas: Galveston, Austin, San Antonio, a variety of state parks for camping
   - Use your breaks well! Travel to see far-off friends, spend time with family, explore! It’s always so helpful to have something to look forward to.
8. Trying new restaurants, coffee shops & bars
   - Houston Restaurant Weeks occurs every August and tons of awesome restaurants participate. Some percentage of every meal gets donated to the Houston Food Bank.
   - App: Foursquare. It’s a great way to get to know a new city! Using the same location technology as Instagram, it enables you to find great food, coffee, shopping, parks, museums and entertainment near you and allows you to create lists of places you want to go.
9. Netflix / Hulu
10. Hiking
11. Listening to / playing music
   - Apps: Spotify, Pandora, Songza
12. Pets – dog parks
13. Church/Temple/Synagogue/Mosque (religious/spiritual community)
   - As the most diverse city in the US (even more diverse than NYC!), Houston has a huge variety of places of worship. Ask upperclassmen for advice on a place that would be right for you. Many students manage to be meaningfully involved in spiritual and/or religious communities in addition to doing well in medical school.
14. Arts & crafts
15. Swimming
16. Rock-climbing (see rock-climbing gyms in exercise section)
17. Yoga (see yoga classes in exercise section)
18. Meditation
   - Groups: BCM Meditation and Life Group (join on Facebook for more information; the group meets once per week)
   - App: Headspace is a meditation app that you can use daily to foster mindfulness in your life. Some meditation sequences are available for free, others by subscription.
19. Going to festivals/events around Houston
   - http://houston.culturemap.com/events/
   - http://365thingsinhouston.com/
   - http://www.houstononthecheap.com/
20. Blogging
21. Intramural sports
22. Prayer
23. TMC Orchestra
24. Photography
25. Leisure reading
   ● Reading fiction just 20 minutes before going to sleep can really help you to get your
   mind off of your day and help your mind to rest. It also really helps you to use other parts
   of your brain that medical school sometimes convinces you to neglect.
   ● Goodreads is an app/website that helps you to keep track of what you have read and
   what you would like to read. Based on your lists, it will offer book suggestions.
   ● Audible is an audiobook app for iPad. It is free for the first month, $7.95 for the next 3
   months and $14.95 for months thereafter. Audible is great if you have a longer commute
   or want to listen to something non-medical while exercising, folding laundry, etc. You’d
   be surprised how many books you can get through!
26. Long walks. Stroll around one of the parks we mentioned above, or some of the more
   walkable parts of Houston, such as Museum District or the Heights.
27. Docapella (a capella group of TMC students)
28. Gardening
29. Board games
30. Going to free shows at Miller Outdoor Theatre

THAT’S ALL FOLKS!!!

We hope you’ve found some useful tips and ideas among the multitude of options presented
above. Medical school can be a trying time, both mentally and physically, but if you develop
some healthy habits and good friendships, it can also be a lot of fun. CHEF is dedicated to
promoting these healthy diet and exercise habits in the BCM community and beyond. We are a
very active student group with all sorts of activities to learn from and get involved in, from our
noon-time lecture series to doing cooking demonstrations at community health fairs. We also
love to eat delicious and nutritious food. So, if you’re interested in food, nutrition, wellness or
just really love food, please come join us at our next meeting!

Sincerely,
Your friendly CHEF officers

If you have any updates to the information presented here or would like to make a
suggestion, please contact us at bcm.chef@gmail.com
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