

# YWM YOGA WELLNESS MOM

## Nealy Fischer - The Flexible Chef

February 13, 2017



Nealy Fischer, founder of www.TheFlexibleChef.com, inspires people to eat well, move more, and ultimately to crave a healthier lifestyle. Her journey in the wellness industry began more than two decades ago when she first learned to cook in her mother's kitchen. Since then, life has been the laboratory where she continues to conduct her experiments. Global travels have provided Nealy with a little black book of the best recipes, spas, yoga teachers, fitness methods, and health professionals. With a mission to share her knowledge, Nealy founded MAYYA, a lifestyle movement that runs sold out luxury wellness events across Asia that feature Nealy's broad network of health experts. Throughout the years, Nealy has designed and led immersive cooking events, sold-out luxury yoga retreats, and women's wellness empowerment programs with renowned health professionals. As Nealy, her husband, and their four children bounce between Montana, Hong Kong, and Israel, she invites her followers into her life daily and tells her best-kept secrets and shares some with us in our inspiring interview...

**You are such a radiant and grounded woman, tell us a little bit about your journey to wellness.**

I spent my teenage years bouncing between extremes of excess and deprivation in all areas of life, including exercise and food. I was either binge eating or dieting; over exercising or feeling bad about not exercising. I started teaching group fitness classes and personal training when I was 18 and a decade later started teaching

yoga. Over time, and four kids later, I found a place in the middle where healthy meets happy and that's what I teach people to find in their own lives.

**Can you share some of your morning/afternoon/evening routine?**

I wake up at 5:00am to get some work done and have a little alone time before my

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kids wake up. If I'm lucky and they sleep late, I typically do a power morning workout or this [7-minute wake-up stretch](#). Then it's breakfast and time to get the kids out the door. I have the day to run my business, write, exercise, and manage our home. I spend the evenings in the kitchen with the kids making dinner and prepping breakfast for the next day. I like to be in bed by 9pm to get enough sleep!

#### **Describe your yoga/meditation routine?**

I try and practice daily. Some days my practice is longer and deeper, and other days it's shorter and quieter. We travel a lot so I take classes whenever I can, and whenever I go. If I can't make it to a gym, I at least squeeze in an at-home workout. My kids usually wake up in the morning and find me on my mat!



#### **You have four gorgeous children, do you believe we can teach our kids to eat healthy? What are some tips that new moms or moms to be can use?**

Start them young! If you train their palettes early they are more open to new things. As you work veggies onto their plates, I also encourage moms to get creative. Kids love to eat things that look tantalizing so think about the presentation. Tell your kids that you're having a pizza night, but instead of a traditional gluten-laden dough crust, put a little marinara sauce and cheese onto cauliflower steaks. Pop them in the oven and voila—your kid have a healthified pizza. You can do the same thing with some chopped sautéed veggies, eggs, sauce, and cheese by creating a drool-worthy pizza quiche.

Another tip is to get your kids involved with the cooking/meal prep process. Not only do kids love to eat a meal that they've made and feel proud of, but they're also learning how to cook. Those are lessons that will stick with them forever. Double win!

As far as snacking goes, whatever food you buy and stock your fridge and pantry with is what your kids will have access to. So shop wisely!

#### **How can some moms who are new to Yoga and Wellness get started, and not feel intimidated by the "hard poses"? What is your personal message to women out there who feel ready to start a conscious life?**

Just do it. Be patient and all will come!

#### **Incorporations kids into our yoga practice:**

Rather than signing my kids up for classes, I personally like to lead by example. These days, when I practice at home, I roll my mat out in the family room and when my kids come in I encourage them to stay, chat, and even join in. We do handstands on the carpet and lay around with music sometimes just for fun. They love it! My daughter actually taught me how to flip from handstand to a back bend—I was too scared!

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**Do you follow a specific kind of diet?**

I eat a mostly plant-based gluten-free diet with a healthy mix of eggs, fish, meat and chicken. I drink wine, eat chocolate, and splurge on dessert in moderation.

**Can you share some tips for being productive and not procrastinate on goals we wish to accomplish?**

I find that I often procrastinate if I haven't set up a written daily schedule. Whether you prefer to use a digital calendar or use an old school pen and paper day-planner, writing down a "to-do" list is a game changer. Not only is it a good reminder of what you have to do, but it also holds you accountable. Once I know what I have to do each day, I come up with a plan—the action steps required. To take things one step further, create measurable weekly goals.

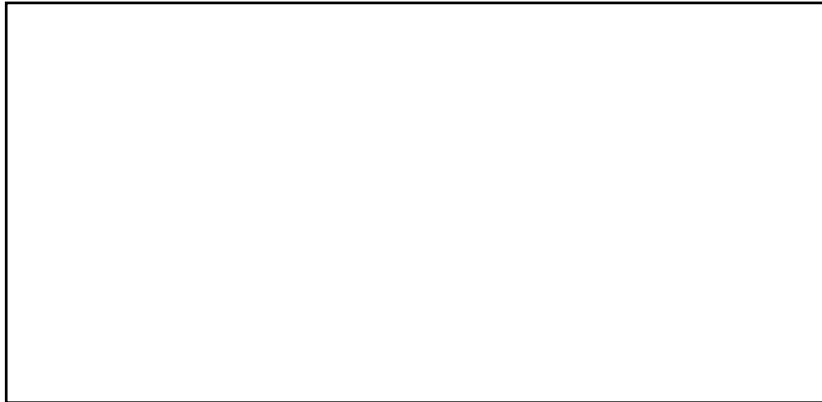
**How do you get inspired to practice yoga if you're tired and unmotivated?**


It has become such a daily routine and I feel so good when I practice—and not-so-good when I don't—that I've gotten addicted to feeling great in my body. Having said that, there are days when I'm unmotivated and tired, so I take days off!

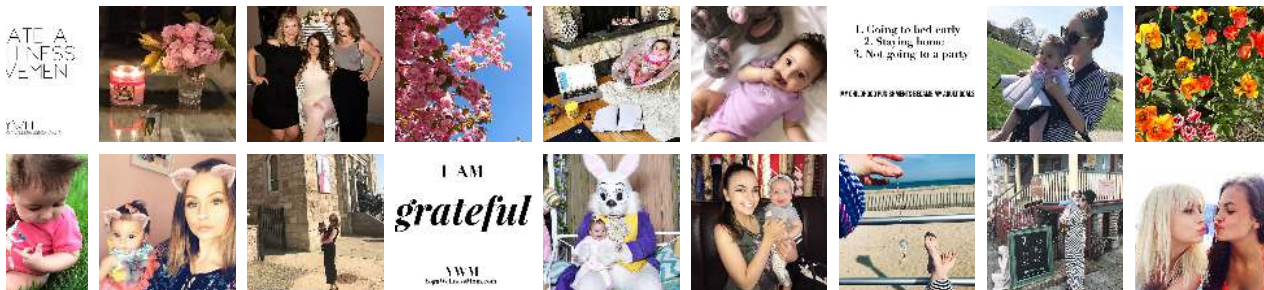
**To close our chat, can you leave us with your favorite meditation or mantra that you like to use?**

Let. Go. It's a simple practice. As you inhale, mentally say the word, "let." Then, as you exhale think the word, "go." Repeat this several times. It's powerful for overachievers!

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 @MICHAELAHORVATHOVA  
Founder of Yoga Wellness Mom



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