

# Beautifully | Balanced

Image: Oh Deer Production Location: The Sky Lounge, The Upper House

Nealy Fischer is a fitness and nutrition guru, mother and Founder of MAYYA Movement, a tried and tested transformation for women in Hong Kong and beyond to reach their full potential in health and wellness.



While the majority of us struggle to commit to a week without carbohydrates or keep to a workout routine, Nealy Fischer has dedicated her life's work to founding MAYYA Movement.

In a nutshell, MAYYA Movement provides the necessary tools and inspiration for women looking to lead healthier, happier and more balanced lives in demanding cities such as Hong Kong and beyond. Its bespoke approach to wellness brings A-list experts from around the world to deliver comprehensive wellness experiences, products and services straight to Hong Kong's door.

In May 2014, MAYYA Movement brought world-renowned talent to Hong Kong to take part in an enlightening edition of The Upper House's Up Close With series, including Dr. Mark Hyman, an acclaimed American author Founder of the UltraWellness Center, and Medical Editor of the Huffington Post; and Lauren Zander, an inspiring Life Coach and Founder of the Handel Method in New York.

In the 90-minute fireside chat, guests were given the opportunity to take notes, ask their own questions and simply enjoy fun and intellectually stimulating evening with the leading health and beauty experts.

"I want to inspire women to lead healthier lives so that they can achieve their potential and ultimately raise happy families," says Fischer, who is a busy and beautiful mother of four. "It's not so simple for a woman to navigate her wellness options, with such a vast array of conflicting information about physical health, mental health, diet and exercise. Hong Kong has seen a boom in the health and wellness industry in the last decade, yet women continue to search for that elusive work/life balance. They crave concrete advice and time saving solutions. Nobody in this town has any time, but everyone wants to feel and be well."

**In House:** For those who don't know, what is the MAYYA Movement and why did you develop it?

**Nealy Fischer:** I founded MAYYA Movement to help more people have access to, and even crave a healthy lifestyle. My aim is to make health and wellness more enticing and offer a discerning audience efficient and effective wellness solutions. MAYYA was born from my passion to inspire others to increase the quality of their lives by taking a 360 degree approach to their health.

**IH:** There are so many different approaches to health out there so it's easy for people to become confused or overwhelmed by which might be the right one for them. How does the MAYYA Movement fit in?

**NF:** I completely agree which is why MAYYA Movement was born. We take a bespoke and highly curated approach and only work with experts and methods that we believe are accessible, results oriented and that lead to long lasting transformations. Essentially we filter through the varying and often conflicting approaches to health and present the ones that work.

**IH:** Tell us about a time in your life where you recognised a need for transformation – and how did you see it through?

**NF:** I had a stillbirth midway through pregnancy a few years ago. It was a wake up call to say the least, and I was faced with a burning need to make some immediate and long term changes in life: transform my body, change my perspective and heal my heart. I committed to upgrading my diet and exercising regularly and effectively and in a few months I was back in a body that I felt confident in again. I chose to keep better company with others and myself so that I could live more authentically. I finally stopped making excuses about my career aspirations and launched MAYYA Movement in memory of the baby we lost.

**IH:** What do you think is the key to happiness and balance in a demanding city like Hong Kong?

**NF:** Find authentic friends and be one yourself. Schedule exercise sessions in the same way you schedule meetings. Shop online and have healthy foods delivered to your doorstep. Be selective when eating out and ask for fresh salads and proteins everywhere. Find time once a week to self-reflect somewhere away from the crowds. And finally, travel often!

**IH:** For those who are just beginning to improve their overall health and spirituality, what are some basic or key ways to get started?

**NF:** We spend too much time working at computers. Start walking to and from all of your appointments and you'll benefit from the cumulative effects of movement. Eat more vegetables, add in proteins and fats, and splurge on treats just once a week. Join a gym or pay for a workout or yoga class - the pain of wasting money is a good incentive to show up. Go to bed earlier every night and wake up earlier every morning. Read an inspiring book regularly. Spend three minutes a day alone, with your eyes closed and breathe. Find one thing a day to be grateful for.

**IH:** Where are some of your favourite places to shop for healthy foods/ingredients in Hong Kong?

**NF:** I buy all of my supplements, nuts and herbs and dry gluten-free ingredients on Iherb.com. Eatfresh.com delivers all of my fresh kale. The wet market also has some surprising good imported fruits and veggies.

**IH:** What are some staples you keep in your kitchen?

**NF:** Raw almonds, sunflower seeds, hemp seeds, chia seeds, coconut oil, olive oil, Himalayan pink salt, gluten free tamari, almond flour, almond butter, coconut flour, coconut nectar, quinoa, lemons, kale, spinach, apples, carrots ginger, garlic, fresh coconuts and dark chocolate.