



CHAG NOTEBOOK:  
SIMA COHEN



Sima is the certified personal trainer, nutritionist entrepreneur. Her focus is wellness and helping women find a fuller experience of themselves.

Let's get to know Sima and learn from her.

### **Tell us a bit about yourself.**

I live in Los Angeles, California. I grew up in Israel and moved to LA when I was 20. I love spending my time with my precious teenage daughter Kayla. I love creating healthy recipes, visiting holy sites, attending spiritual retreats and empowering women to be happier, healthier and fitter.

### **How do you connect to Judaism?**

I love being Jewish. I love the tradition, the holidays, the culture, the food and even my big crazy ( loud) Jewish family.

### **How do you prepare to host people for a holiday meal or celebration?**

I usually cook most of the food, especially the challah! I'm famous for making the best challah in town. If I'm invited I usually bring a vegan cake or dessert that everybody goes crazy for when I tell them that it's made with only 5 ingredients and that its kosher, gluten free, sugar and dairy free.

**How does the ideal holiday celebration look and feel to you?**

I love creating a beautiful table, lighting candles and saying prayers with everybody before we begin eating. I play classical Jewish music. More than anything I love hosting a lot of people. The more the merrier.

**Leading up to, during, and after the holidays, how do you reconnect with yourself?**

I meditate and pray every single morning. Sometime at night also. I do meditate and pray to connect with God. I sit still and listen to the still voice of God to get guidance.

**What is one of your most memorable holiday experiences?**

Remembering the atmosphere of Rosh Hashanah with my family in Israel: The whole family gathering together to cook and the smells of Rosh Hashanah foods filling the house and my daughter playing with all her cousins. Holidays feels sacred and special.

**What's your absolute favorite holiday dish?**

I'm obsessed with my Mom's matzo ball soup that she makes for Passover. It's so good.

**Do you have any nontraditional holiday rituals or habits?**

I pay special attention to “feed my soul” before and during the holiday. It helps me to grow and to become the woman that I wish to be in the world.

**What was something that your mother (or another influential figure) shared with you about the holidays that has stuck with you?**

My grandmother told me to wear all white, to light candles and to pray for everybody. She would always cook for an army and invite as many people as possible.

**What’s your number one tip or trick you’ve discovered that makes the holidays smoother, more positive and meaningful for you?**

Be loving with everybody before they arrive and during the holiday experience. This infuses the holiday with a special energy.

Sima, thank you for sharing. I especially love that your grandmother taught you to pray for everybody.

TOP

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