

We work daily to change the world through healthy living and leadership!

WHY?

We provide a variety of self-paced personal health transformation courses to help you understand health challenges, live better, and lead by example.

**COURSE
DETAIL**

STRATEGIES

We provide online personal transformation courses including complimentary mini-courses, low-cost standard courses, and high-value flagship course. We create and provide complementary content: blog posts, podcast episodes, informative flyers.

VISION

Our vision is to empower people to improve their mindset, and improve their health behaviors, nourish, restore and optimize their health and maximize their life.

MISSION

Our mission is to address the root causes of chronic diseases and poor health through personalized behavior change that will enable you to become the best version of yourself!

We will help you understand health challenges, live better and lead by example!

**TARGET
AUDIENCE**

We serve community members, employers, and medical providers.

PURPOSE

Our purpose is to change the world, one person, at a time by helping people become the healthiest and best version of themselves.

LAUNCH

Steve Bowman here... Live & Lead is a service that I have been preparing for since I was in college. When finishing graduate school I wrote a business plan for a company that helps people improve their personal health through behavior change. Now, more than 12 years later I am called to share my experiences working with employers, providers, students, and community members.



Changing the world through healthy living and leadership