Lifestyle Magazine

Lifestyle Magazine is a half-hour, awardwinning Life Coaching Program focusing on whole life health, helping viewers create their best life possible.

Roy Ice and our key experts are joined by notable guests to bring our audience cutting-edge advice for creating health in every area of life – wellness, nutrition, fitness, attitude, and relationships.

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Roy Ice Host



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... and many more notable guests.

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The Award-Winning

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Lifestyle Magazine

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Key Experts: Lynell LaMountain (Attitude), Dr. Sharmini Long (Wellness), Roy Ice (Existence/Purpose), Marie Michel (Activity), Mike Tucker (Relationships)



Host: Roy Ice



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