

Lynell LaMountain

Lynell LaMountain - co-host and expert on Lifestyle Choices



Lynell Mark LaMountain is an internationally recognized speaker, author, and Activation Method™ coach. As co-host of *Lifestyle Magazine*, Lynell shares practical insights to help people activate their inner resourcefulness to empower them to unlock their best life.

Lynell LaMountain is the Director of Health Ministries for the Southern Union Conference, covering 9 states in the southeast. In his previous assignment, he worked with the CREATION Health development team for ten years; CREATION Health is the flagship wellness program of Adventist Health System, the largest protestant health care system in the world. He has trained people worldwide in the CREATION Health philosophy and lifestyle.

Lynell is the founder of Life Ignited®, a personal development company, and co-founder of LaMountain Ministries. He is an award-winning writer, and one of the co-authors of *God Encounters*.

Lynell's greatest joy is inspiring people to take charge of their lives so they can add more life to their years and more years to their life. In his own words, "I'm absolutely obsessed with helping as many people as possible to live a better life - to help them experience more joy, love, and fulfillment. It's my mission to ignite people with passion, hope, and freedom."

