

Lifestyle

with Roy Ice

2025-2026 NEW SEASON

LIFESTYLE is an award-winning, half-hour life coaching program focusing on whole life success.

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



Roy Ice
Host



Celebrity Guests Have Included:

John O' Hurley, Morgan Fairchild, Jaclyn Smith, Brooke Burke, Morris Chestnut, William Shatner, Nikki DeLoach, Billy Gardell, Tina Campbell, Hal Linden, Beth Hall, Maurice Benard, Richard Gant, Linsey Godfrey, Kathy Garver, Loni Anderson, Smokey Robinson, BerNadette Stains, Ed Asner, Stephen A. Smith, Michael Jai & Gilian White, Michele Lee, Drew Lynch, Dr. Drew, Eric Roberts, Scott Hamilton, Tim Conway, French Stewart, Taylor Dayne, Ricky Skaggs, Alex Trebek, Kevin Sorbo, Christopher Atkins, Barry Corbin, Deniece Williams, Debbie Reynolds, Susan Olsen, Jeremy Miller, Sean Kanan, Alison Arnglim-Josh Swickard, Thaa Penghlis, Alfred Hsing, Marion Ross, Josh Blue, RJ Mitte, Jamie Farr, Warrick Dunn, John Schneider, Michael Learned, Buzz Aldrin, Dee Wallace, Lou Ferrigno, Esai Morales, Ed Begley Jr., Corbin Bernsen, Donna Mills...

... and many more notable personalities

The Award Winning Show

Lifestyle
with Roy Ice



attitude
wellness
activity
relationships
existence



KEY EXPERTS: Mike Tucker (Relationships), Marie Michel (Activity), Roy Ice (HOST), Dr. Sharmini Long (Wellness)



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