



LIDA JOHNSON:

EMPOWERING SUSTAINABLE WELLNESS THROUGH LIVE WELL NOW ACADEMY

Lida Johnson is on a mission to redefine what it means to live well. As the founder of the Live Well Now Academy, Johnson guides individuals toward sustainable lifestyle changes that truly last. Her philosophy is rooted in the belief that wellness isn't about quick fixes or dramatic transformations, it's about the small, intentional choices made each day.

"I wasn't familiar with this academy at first, but after looking into it, I can get behind its mission," Johnson explains. "Any academy, person, or organization that promotes true health and wellness is something I stand with. How you live your life, in those daily moments, is everything."

Johnson often cites a startling statistic from the Centers for Disease Control and Prevention: 87% of diseases from acne to diabetes, heart disease, and even cancer are cumulative results of lifestyle choices. This insight forms the foundation of her teaching: Act + Engage + Transformation = Sustainable Success.

"To Act means taking the first step toward change," Johnson says.

"This often begins with education seeking research-based information so you can make better choices. My clients will tell you, it's about asking yourself, 'Given whatever situation you're in, what's the better choice?' You can't answer that without being informed."

Engagement, she emphasizes, is the next crucial step. *"To Engage means putting that knowledge into practice. Reading books and listening to podcasts without applying anything is like collecting tools and never building anything."* According to Johnson, true transformation doesn't happen in a single moment or a before-and-after snapshot. Instead, it's found in consistent, incremental actions that compound over time. *"Most days, you don't see the difference in the mirror but you feel the difference in your heart and your life," she says.*

Johnson's approach to wellness is deeply personal, informed by her own experiences overcoming life's challenges. She identifies self-worth as the cornerstone of transformation. *"Simple but not easy believe you are worthy. Worthy of anything and everything. You are worthy of love, of chasing your dreams, of success, and of having the life you want."*

This belief, she explains, isn't instantaneous. It's cultivated through small, deliberate actions. Each goal set and followed through reinforces one's sense of worthiness, building momentum that strengthens self-belief. As self-belief grows, so too does resilience, confidence, empowerment, and the ability to trust oneself. Johnson reflects, *"When you begin to trust yourself, you stop waiting for permission. You stop negotiating with your limitations. You start making decisions from a place of possibility rather than fear."*

Starting at age 60+, Johnson began sharing her story, emphasizing the power of quiet, unseen choices. *"It was in those moments of showing up for yourself, when no one is watching or noticing, where real life change begins,"* she notes. One of her favorite guiding principles is, *"You are only as strong as your weakest training,"* which, for most people, is their mindset. She stresses that mindset requires daily practice even when you think you've mastered it. *"For anyone on the journey of life, with its ups and downs, I want you to know this: when you don't believe in yourself I believe in you,"* she adds.

Johnson's work is also deeply influenced by her faith and leadership roles in women's ministry and recovery programs. These experiences shape her coaching philosophy, emphasizing kindness, service, and goodness. She rejects shame, guilt, and one-size-fits-all solutions in favor of creating safe, supportive spaces where clients feel seen, heard, and valued.

"Leading with kindness means meeting people where they are, honoring their journey without judgment. Service drives me to provide practical tools, guidance, and accountability not just information so clients can make meaningful, lasting changes," Johnson explains. *"Goodness guides every choice I make as a coach: I prioritize strategies that empower clients, build confidence, and cultivate resilience."*

Faith, whether in oneself, in the process, or in a higher purpose, has been a guiding force for Johnson. It allows her to offer support with hope, compassion, and encouragement while honoring each client's unique journey. Her leadership roles in health and wellness programs have further reinforced the importance of listening, compassion, and creating environments where people feel safe to explore change.

"At the core, my approach is about helping clients discover their own strength and potential," Johnson emphasizes. *"Transformation isn't just about physical results, it's about building a life where they feel capable, worthy, and fully alive, supported every step of the way, with confidence, resilience, and hope."*

For individuals feeling stuck in their wellness or healing journey, Johnson stresses the importance of taking the first step. *"If you're feeling stuck, the most important thing you can do is start. You may need to educate yourself. Hiring a coach isn't required, but it can accelerate your journey. A good coach provides not only industry knowledge but practical guidance. Most coaches have been through similar challenges and are on the other side, so they know what works in real life."*

The next step, Johnson advises, is to practice consistently. Change, she notes, is messy, hard, and requires diligence. Even top athletes or performers aren't perfect all the time. She encourages self-compassion: *"Let go of the idea of perfection. One missed workout, one skipped meditation session, or one indulgent meal will not undo your progress."*



"What matters is how you respond and keep moving forward."

Johnson often references the Pareto Principle, or the 80/20 rule, as a practical framework for sustainable change. *"If you're doing the right things 80% of the time, the other 20% your fun, life moments won't set you back. Sustainable change comes from consistency, not perfection,"* she explains.

Through Live Well Now Academy, Lida Johnson is empowering individuals to make meaningful, lasting changes by focusing on daily actions, self-belief, and consistent practice. Her holistic approach combines education, practical application, mindset coaching, and compassionate guidance to help clients achieve transformation that extends far beyond the physical. Johnson's unwavering belief in the potential of every individual ensures that those who embark on this journey leave not only healthier but more confident, resilient, and capable of living fully and intentionally.

For Johnson, wellness is more than a goal; it's a lifelong journey, one that thrives in the small, intentional choices made every day. With her guidance, countless individuals are learning that transformation isn't reserved for a dramatic moment; it's built steadily, intentionally, and with heart.

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REDEFINING WELLNESS THROUGH *SUSTAINABLE CHANGE*

Lida Johnson is transforming how people approach health and wellness through her Live Well Now Academy, a program dedicated to creating lasting, meaningful change. Her philosophy centers on the belief that true transformation isn't about quick fixes—it's about consistent, intentional choices made every day. Combining faith, education, mindset training, and compassion, Lida empowers individuals to act, engage, and transform their lives with confidence and purpose. Her approach reminds us that wellness is not a destination but a lifelong journey built on small steps, steady progress, and self-belief. Through her leadership and heart-centered coaching, countless individuals are learning to live fully, love themselves deeply, and embrace wellness that lasts.

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