

TOM BOWMAN

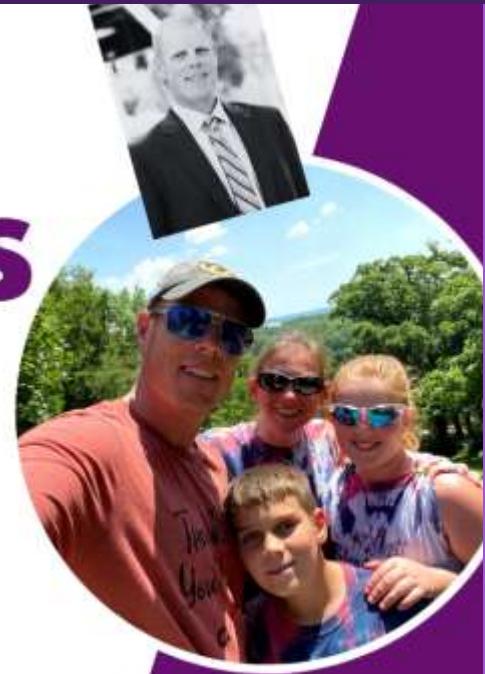
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It was becoming obvious. Tom Bowman couldn't keep up with his two active kids. Something had to change. And that's how the civic leader and CEO of Community Health Care, Inc. began his personal journey of wellness. "If I want my kids to grow up healthy I have to model what healthy looks like," says Bowman. Through the accountability of a healthy weight program he began to feel more fit and started incorporating small changes he plans to stick to for a lifetime. "If you want to make a machine run better you have to put quality fuel in it," explains Bowman. He started snacking on less "garbage" and consuming more healthy/less processed foods. He read labels and paid more attention to sodium and calorie content. He also worked on walking more. But he doesn't want to sugarcoat the experience. "I am fortunate. My wife and I have good jobs and can afford help through a program." He also admits it *can* be more expensive to buy fresh, healthy foods. And that understanding has made him a passionate advocate for those with lower incomes. Whether it be pushing states for the acceptance of SNAP-EBT cards at farmer's markets, or being an engaged QCHI leader at the local level—it's all important to Bowman, and all intersects. "I always try to think, 'How do we bring resources to those who don't have them?'" says Bowman. "QCHI has done a really good job at modeling how to work across state lines, municipalities, and sectors." And sometimes showing what can be done through collaboration and focus is a great way to eventually move the dial for the better. Bowman admits he still has "lots of bad habits" when it comes to his food routine, but he tries to keep the end goal in sight and take one day at a time. "Little wins add up," says Bowman. Both for the health of the community and his own health.

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