Women Helping Women

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For many women, motherhood motivates them to step back and take a hard look not only at their lives in general, but at their health in particular. That's what happened to Tonya Lewis Lee who delivered valuable health information for almost a decade to millions of women as the spokesperson for the campaign A Healthy Baby Begins with You, launched by the Office of Minority Health, a division of the Department of Health and Human Services, in 2007.

In 2009, Lewis Lee rolled out Healthy You Now, an online resource for women seeking information about health care issues who also wanted support as they journeyed toward achieving a lifestyle of comprehensive health and wellness.

"My entire life has been about pushing the envelope and bringing important and timely stories to a wide audience," says Lewis Lee. "Several years ago, when I became a new mom, I took an interest in helping women understand their bodies during pregnancy. For many women, including myself, it's at this stage in our lives that we just start to take the lens, focus in, and see the big picture—our health. Since that point, I have wanted to empower other women to be their own advocates."

Now, Lewis Lee is launching a line of dietary and wellness supplements. "Movita is one way to help them embark on that journey," she says about the product line, which is designed for women of all ages, shapes and sizes and features a daily multivitamin supplement that's non-GMO and gluten-free.

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