

SEATTLE DISTRICT

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Burlington Yoga Studio Named 2019 SBA Seattle District Veteran-Owned Small Business of the Year Quantum Health and Yoga Lounge Owner to be Honored at Celebration to Recognize All Local SBA Award Winners May 8

SEATTLE – The U.S. Small Business Administration (SBA) 2019 Seattle District Veteran-Owned Small Business of the Year is Scott Howe, owner and managing member of Quantum Health and Yoga Lounge in Burlington, Washington.

Before launching his business, Howe served in the U.S. Marine Corps for five years as a Squad Leader. Several years after concluding his service, Howe was diagnosed with a health condition which impacted his mobility and ability to work. He became disabled, lost his job and was unable to work for several years.

When he didn't see improvement to his condition after traditional medical treatments, Howe investigated alternative treatments, including changes to his nutrition and practicing precise low impact movements through yoga practice. People around him began to take notice of his improved health and mobility, and started asking for his advice.

In 2005, Howe started a home-based nutritional counseling service business. During the next 14 years, the business steadily grew into a multi-service wellness and yoga studio which outgrew its first location in La Conner, Washington and moved into a 1,400 square foot space in Burlington, Washington.

Today, Quantum Health and Yoga offers a variety of workout classes including yoga, barre and bodywork classes, hosts a yoga apparel retail boutique and a juice smoothie bar. What began as a sole-proprietorship with a single owner/employee has grown into an LLC with two full-time employees and 20 contract employees.

“Veterans make great business owners,” SBA Seattle District Director Kerrie Hurd said. “Howe’s experience in the Marine Corps no doubt prepared him for the leadership and determination required to grow a small home-based business into the successful multi-service yoga and wellness studio it has become today.”

The SBA Veteran-Owned Small Business award – part of National Small Business Week May 5-11, 2019 – recognizes veteran small business owners who demonstrate staying power and substantiated history as an established business with at least three years of business operation. Winners must also show growth in net worth and business expansion, increase in jobs and sales, innovativeness of products or services, response to adversity and contributions to community-oriented projects.

“Two of my proudest accomplishments are owning a small business and serving in our country’s military. Both require hard work, risk-taking, and determination: three traits that define me and have brought me to where I am today,” Howe said. “I am honored to be named SBA’s Veteran-Owned Small Business of the Year for 2019. I want to thank everyone who helped make this possible for me.”

After growing his business for more than 13 years, Howe knew he wanted to secure his business’ future by purchasing the building he was leasing. Needing assistance to prepare to take out a loan, Howe turned to the Skagit County Small Business Development Center (SBDC). The SBDC certified business adviser worked with Howe to help him better understand his financials and prepare to apply for financing.

In 2018 he purchased the space using the SBA 504 Loan Program, a loan which helps small businesses purchase commercial real estate and industrial equipment with a low down payment.

Since completing the purchase in 2018, Howe has started the initial steps of expanding into a second location in Conway, Washington.

Howe’s success has allowed him to make a difference in his community. Howe donates yoga classes and money to various organizations including Meals on Wheels, Burlington High School, Supreme Cheerleading of Burlington and local elementary schools. In addition to donating time and money, Howe often volunteers to make community presentations on nutrition and yoga.

"National Small Business Week is a time to recognize the impact of small businesses, which make up 99 percent of all businesses in the Pacific Northwest and create two out of every three net new jobs," SBA Regional Administrator Jeremy Field said. "Small business owners represent our country’s best. They are innovators, job creators and community leaders. Shining a spotlight on their inspirational stories and journeys is an honor."

A celebration honoring local SBA winners from Washington state and the SBA Seattle District – which serves the state of Washington and northern Idaho – will be May 8, 2019. Other SBA local awards that will be recognized at the celebration include Small Business Person of the Year, Exporter of the Year, Rising Startup and Small Business Champion of the Year.

Each year since 1963, the President has issued a proclamation calling for the celebration of National Small Business Week. SBA recognizes outstanding small business owners for their personal successes and contributions to our nation.

For more information about National Small Business Week, visit www.sba.gov/nsbw.

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About the U.S. Small Business Administration

The U.S. Small Business Administration makes the American dream of business ownership a reality. As the only go-to resource and voice for small businesses backed by the strength of the federal government, the SBA empowers entrepreneurs and small business owners with the resources and support they need to start, grow or expand their businesses, or recover from a declared disaster. It delivers services through an extensive network of SBA field offices and partnerships with public and private organizations. To learn more, visit www.sba.gov. The **Seattle District Office** serves most of Washington and northern Idaho with office locations in Seattle and Spokane.
