

From the driver's seat to the classroom seat, ASU Online launches student into the wellness world

Ed Ballester earns degree in healthy lifestyles and fitness science via the Uber and ASU Education Program

By Meenah Rincon, ASU News
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Editor's note: This story is part of a series of profiles of notable [spring 2026 graduates](#).

By Sabrina Baker

Providing others with the knowledge and opportunities to create healthier lifestyles powered by nutrition, fitness and mental health has been Ed Ballester's passion since day one.

Originally born in New York, Ballester spent his childhood and part of his adulthood in Puerto Rico. Now residing in Florida, his passion has stuck with him every step of the way, inspired by various experiences and travels.

Door-to-door sales took up the beginning stages of his career, allowing him to sharpen his connection with strangers and to better understand different people and their lives.

Ballester had previously earned a bachelor's degree in psychology, but a side job driving for Uber set his life on a new course entirely. In 2021, through the [Uber and ASU Education Program](#), Ballester discovered he could earn a degree in health science with a concentration in [healthy lifestyles and fitness science](#) online through Arizona State University and the [College of Health Solutions](#).

He jumped at the chance.

The Uber and ASU Education Program creates an opportunity for qualifying drivers, couriers and family members to receive 100% tuition coverage at ASU toward a four-year undergraduate degree online.

Ballester says he is captivated by the transformative power of lifestyle choices and what they can unlock in a person's health and happiness. Pairing that passion with his background in psychology, through [ASU Online](#) he saw a clear vision taking shape: He was going to become a health and wellness coach and help people change their lives.

"Without the Uber partnership, I would not be here today," he said. "This scholarship has given me the opportunity to do something meaningful. Something that I will be able to do until the day I die."

This spring, Ballester graduates from ASU and is ready to unleash everything he has built. He is launching Table 1:29, a health and wellness coaching platform rooted in the belief that every person carries gifts the world needs.

He will pursue that mission alongside a [master's degree in positive psychology](#) at ASU, determined to help as many people as possible discover their own potential for a fuller, more meaningful life.

"Every human has great potential and beautiful gifts (that) this world is in need of."

We spoke to Ballester about his time at ASU Online and his advice for others.

Note: The following interview has been edited for length and clarity.

Question: What was your “aha” moment, when you realized you wanted to study the field you majored in?

Answer: I’ve had a passion for better health choices since 2017. My “aha” moment came from the time I saw a degree offering in healthy lifestyles and fitness science. The course offering for the degree fit perfectly for me.

Q: What’s something you learned while at ASU Online — in the classroom or otherwise — that surprised you or changed your perspective?

A: Everything I’ve learned at ASU has deepened my understanding of the power of lifestyle choices. I have not been surprised by anything — my perspective and knowledge has broadened. Now it’s time to go share it with others.

Q: Which professor taught you the most important lesson while at ASU Online?

A: Every class and every professor taught me a piece of the puzzle that points toward the power of lifestyle behaviors. I can’t single out one as being most important. Every class and professor filled the beautiful, complete puzzle that’s now in my heart and mind. A puzzle of knowledgeable information to now take and help the world become a better place.

Q: What’s the best piece of advice you’d give to those still in school?

A: Entrench yourself in every lesson. Absorb as much as you can. Do it with integrity and the utmost honesty. Put in the time and commitment, so you can come out better than before. Ready to go out and make the world a better place for every human.

Q: If someone gave you \$40 million to solve one problem on our planet, what would you tackle?

A: I believe love is humankind's communal purpose. If we were to love all life with every bit of our existence, the world would be a much better place. Our world problems are due to acts of greed, hunger for self power, selfishness, hate, misunderstandings and acts of no love. Basically everything that is contrary to love. As a society, we need to start uplifting one another.

I would use the \$40 million to promote the power of love. I love my spouse, children and grandchildren to the point where I would do anything for them. I would give my all for their happiness. Now imagine every human being working together under the power of love and giving their all for the advancement of every human. Together helping house the homeless, feeding the hungry, healing the sick, educating one another and doing whatever it takes to make sure that every single human being has the opportunity to flourish through their abilities. I believe when we work through love, we can and will stomp out many of the problems on our planet.

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Text image(s)



Ed Ballester