



# LIT WELLNESS SOLUTIONS, LLC

## Capability Statement

### ABOUT ME

Tanya Fasnacht Jolliffe, RDN, LD, CMHIMP is a Registered Dietitian Nutritionist, Licensed Dietitian, and Certified Mental Health Integrative Medicine Provider. She applies an integrative approach to health and wellness using conventional medicine and nutrition best practices with applied wellness practices to provide programs, tools, and strategies that IGNITE change for lasting health and wholeness. Tanya is also the author of "[The Mindful Me Journey: A 40-Day Guided Journal Toward a Healthier Relationship with Food and Exercise.](#)"

### COMPANY SNAPSHOT

**Primary Contact:** Tanya Jolliffe

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**Email:** Tanya@LITWellnessSolutions.com

**Website:** www.litwellnesssolutions.com

**Address:**

7917 W Gate Park, West Chester, OH 45069

**Awards:** IFAH Top 50 Healthcare Company

**DUNS:** 034360866

**CAGE Code:** 8R6A7

**NAICS Code:** 541990 - All other professional and 621399 - Other medical

**PSC Code:** Q999 - Medical - other

**Procurement Designations:**

Small Business

Women-Owned Small Business

- SBA certified WOSB
- State of Ohio certified WBE

**Credentials:**

- Registration with the Commission on Dietetic Registration
- Licensure with the Medical Board of Ohio
- Certified integrative health provider
- Trained lifestyle coach for Prevent T2

### EXECUTIVE SUMMARY

LIT Wellness Solutions, LLC is a dual certified women-owned small business (WOSB) enterprise (WBE) providing integrative health and wellness solutions and values-based coaching services to individuals and organizations. We service company workplace wellness initiatives with emerging best practice solutions to assist with employee health issues that also improve well-being. At the same time, we support individuals as they make behavior and lifestyle changes to promote lasting health transformation.

### CORE COMPETENCIES

#### Skills

- Nutrition education
- Medical nutrition therapy
- Health behavior change
- Motivational interviewing
- Discipleship
- Health coaching
- Strategic planning
- Program development

#### Strategies

- Wellness culture development
- Lifestyle behavior change for health transformation
- Health condition management
- Mindful and attuned eating and exercise

#### Solutions

- IGNITE Six-step Process for Lasting Change
- Workplace Wellness Culture Development Program
- Well Driver Transportation Wellness Program
- Lifestyle Wellness Development Program
- The Mindful Me Journey Guided Journaling Program
- Technology-based Virtual Coaching Programs
  - Healthy Living Program
  - Stress Management Program
  - Tobacco Management Program
  - Well Driver Recertification Ready Program

### KEY DIFFERENTIATORS

- Seasoned and tested leader
- Credentialed professional
- Strong results-driven past performance
- Solution-oriented and values-driven coaching
- An integrative approach using conventional medicine and nutrition best practices with applied wellness practices.