



SOLE PROPRIETER

Tanya Fasnacht Jolliffe, RDN, LD, CIMHP is a non-diet dietitian nutritionist using integrated nutrition therapy and lifestyle well-being to help people end diet culture behaviors forever as they IGNITE the Change Within to find success, health, wholeness, and happiness.

Tanya is also the author of "[The Mindful Me Journey: A 40-Day Guided Journal Toward a Healthier Relationship with Food and Exercise.](#)"

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
- Certificate in person-centered care
- Trained in disordered eating and binge eating disorder care.

COMPANY SNAPSHOT

Primary Contact: Tanya Jolliffe

Phone: 513-659-3017

Email: Tanya@LITWellnessSolutions.com

Website: www.litwellnesssolutions.com

Address:

7917 W Gate Park, West Chester, OH 45069

Awards: IFAH Top 50 Healthcare Company

UEI: K6XYKND3BS35

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

LIT WELLNESS SOLUTIONS, LLC

Capability Statement

COMPANY DESCRIPTION

LIT Wellness Solutions, LLC is a health and wellness consulting and coaching company. Using integrated nutrition therapy and lifestyle wellbeing with person-centered coaching, we help people find life, health, food, and body freedom through behavior management that creates lasting transformation. We also help companies create well-being-focused workplace cultures that show their people they are an important part of their company's core values.

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 behavior change
- eLearning Coaching Solutions for:
 - Tobacco management
 - Stress management
 - Body acceptance
- Eating disorder treatment programs
- Lifestyle Wellness Promotion programs
- Sports Nutrition and Wellness
- Transportation wellness
- Workplace Well-being Culture Development

KEY DIFFERENTIATORS

- Wellness culture subject matter expert
- Experienced speaker
- 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.