

ABOUT LILA

Lila Lazarus lives her life at warp speed. It's not that she doesn't take time to smell the roses.... She's just trying to smell as many roses as she can find.

At her core, is a belief that every day should be a new adventure. It's not that you have to swim the Straits of Mackinac (a 5-mile swim,) although Lila did that to raise money for Mentor Michigan, it's that creating adventures can leave you fully engaged and present. Creating adventures, aligns you with your dreams and passions and convinces you that all things are possible

Lila is an award-winning news anchor and health reporter who speaks five languages and holds two master's degrees. She has covered the news all over the world. She is a spokesperson for Saint Joseph Mercy Health System and hosts their Emmy-winning show Discover Remarkable on WXYZ Ch. 7.

Lila doesn't just talk the talk about health. She runs marathons, water skies, teaches yoga, and rides her bike to Lansing on occasion (70 miles) to encourage the Governor's Fitness Council to practice what they preach.

Lila believes we all have the ability to infuse our lives with passion and excitement and leads by example. Recently she has:

- Kayaked the Detroit River under a full Harvest Moon
- Officiated a wedding
- Climbed the Grand Canyon rim –to- rim- to- rim, (a 48-mile climb)
- Climbed five days to the top of Machu Picchu
- Waterskied in December in Michigan! [\(See Video\)](#)
- Lila is committed to inspiring people to live healthier, happier, stronger, more powerful lives.