

LEARN MORE ABOUT LILA

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's an expert communicator currently hosting the Emmy Award-winning show "Discover Remarkable" on WXYZ-ABC Detroit and will soon launch a new show called "[Live Your Life](#)."

At her core, is a belief that every day should be a new adventure. Success comes through change and choices. Adventure is what fuels the fire for change. It's not that you have to swim the Straits of Mackinac, (a 5-mile swim), although Lila has done that, or climb the Grand Canyon rim to rim to rim. It's that creating adventures leaves you fully engaged and present— ready for real success. Creating adventures aligns you with your dreams and passions. It's where possibility lives.

When it comes to health, Lila doesn't just talk the talk. She runs marathons, waterskis (even in December in Michigan?!) [Watch Lila waterski in the cold](#). She's a yoga teacher, and a certified trainer in etiquette and protocol. Quite a combination.

Lila believes we all have the ability to infuse our lives with passion and excitement and leads by example. She recently

- *Waterskied on a snowy December day in Michigan**
- *Kayaked the Detroit River under a full harvest moon**
- *Climbed the Grand Canyon rim to rim to rim**
- *Did a 5-day climb to Machu Picchu in Peru starting at 16,000 feet.**

Lila is committed to inspiring people to live healthier, happier, stronger more powerful lives.