

LO Solutions Rate Sheet

The time is NOW!

Transform Your Health



Transform Your Life

“I believe that when knowledge and intuition guide nutrition & fitness, you will know without a doubt that you are on YOUR path to peace, LOVE, happiness and health.” -Lila

Lila’s Passion & Mission: to help her clients live a healthy, vibrant life, via personalized nutrition and fitness coaching - so they can ultimately find true peace and happiness through Food, Fitness & Fun! Lila is known for taking the confusion out of nutrition, blending east and west techniques, and being a genuine listener and true healer → who cares about YOU first and foremost! With over 16 years of experience, Lila is able to truly meet each client where they’re at when they walk into her serene space and personalize fitness programs, workouts, meal plans, goals, ideas and more much. Lila is also co-author of *The Pacific Northwest Anti-Inflammatory Cookbook* and has been in private practice in Lake Oswego since 2000. She worked at OHSU for over 8 yrs, which gives her a strong medical background to truly blend all of her favorite modalities with solid science.

The **L.O.V.E.** program was born out of Lila’s 15 years of experience and knowledge of helping clients feel better and reach their goals. Be sure to ask about the **MRT/LEAP food sensitivity test:** the most accurate test around that decreases overall inflammation in the body, heals the gut and immune system, and thus helps decrease symptoms (often lifelong symptoms). **More information below.**

FOOD
FITNESS
& fun



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"I sincerely look forward to working together to help you reach your nutrition, health and fitness goals, and to feel your very best...for LIFE!" -Lila

GETTING STARTED:

- ✓ **Required by all: Initial Visit.** More information about this comprehensive session is on *page 4*. Includes one post visit email exchange with up to 3 questions.
 - See email and phone fees down below if additional support is needed between appts.
- ✓ **FYI: Most local clients choose to come in 1-2x/week for Personal Training/Yoga/Pilates & Nutrition & Health Coaching Sessions. It's the complete package deal!** This is the most effective way to make progress, FAST! It gives you continuous support, accountability and progress towards your health goals.
- ✓ **Remote appointments available** for Nutrition, Health & Fitness Sessions, L.O.V.E. Program, & the MRT/LEAP Program & Protocol.

ULTRA DEDICATED, AKA: "Lila's Lifers" (50 minute appts)

This is the most comprehensive program I offer. This is for those who are 100% committed to having a healthy body, mind and soul. Clients who choose this program have found that food and fitness vastly improve their health, and that my guidance and expertise provide the tools, motivation, and encouragement to make the necessary changes to live a healthy life. *** 3 month commitment req'd.**

***BONUS:** With this option you get a weekly designated time slot that is **YOUR TIME** slot every week no matter what. *We book this out a month or two in advance so I can fill slots when you are gone.*

FYI: \$10 CC fee on packages. Couples add \$5 per session.

All are 50 min time slots: Please email Lila for updated LO Solutions Rates.

- ☆ **MOST POPULAR:** Once/week rate (4x/month)
- ☆ **BEST RATE POSSIBLE AVAILABLE:** Once-twice/week (5-10x/month): **Lowest Rate!**

FINE TUNING YOUR HEALTH, (anything less than 4x/month goes here)

After the Initial Consultation, these follow up appointments are for you to check in, evolve your current eating plan, shopping list, fitness regimen, and supplement program. We also address current questions, challenges, and future goals. This allows you to continuously take the next step to being the healthiest version of YOU! All of these appointment times are based upon when I do *not*



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have a standing client (i.e., no designated time slots are held). **FYI: All appts 50 min unless otherwise noted & require a monthly commitment. \$10 CC fee per package or \$5 per appt.**

☆ Three times/month, every month.

☆ Twice/month, every month.

Continued...

☆ Once/month, every month (50 min).

☆ Twice/month if not monthly (1 hour).

☆ Once/month if not monthly (1 hour).

☆ **NEW:** Email and phone support available.

LO SOLUTIONS SIGNATURE PROGRAMS:

1. **MRT/LEAP Protocol.** Food Sensitivity Test for Inflammation & Healing → See information below and ask for the Rate Sheet for this personalized program.

2. Lila's 3 month & 6 month SIGNATURE **L.O.V.E.** PROGRAM. **L.O.V.E. = Lila Ojeda's Vibrant Energy** program! This is for those wanting a **start date and end date** to reach their goals. Many prefer to combine in person and phone appointments for this program. Works very well to stay on track & make progress!

☆ **3 month program:**

✓ Includes: 60 min initial, 6-50 min follow up appointments, & 1 email per month.

✓ **This program is for you if:** you are ready to take REAL action in your health, nutrition, and fitness plan and are truly ready to feel your very best. You may not be ready to immerse yourself in a 6 month program, but you are definitely ready to feel better SOONER than later and move your health towards a more refined place.

☆ **6 month program:**

✓ 60 min initial, 12-50 min follow up appointments, & 1 email per month.

✓ **This is for you if you are:** you're 100% committed to having a healthy body, mind and soul. Clients who choose this program have found that food and fitness vastly improve



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their health, and that my guidance and expertise will provide the tools, motivation, and encouragement to make the necessary changes to live a healthy life.

***** Friendly Reminder: 48 hour reschedule policy on all appointments *****

A little more about the Lila's L.O.V.E. Program:

☆ **3 and 6 month programs come with (works well over the phone):** typed and detailed goal sheets and handouts after every visit, instructions/directions for all ideas, shopping lists, meal ideas and recipes, supplement guides, blood work suggestions to take to your MD, blood work analysis, and MUCH more. This program is very detailed and specific and will get you going on the right foot for food, nutrition, fitness, and overall health! **With 3 months: you will get going in the right direction! With 6 months** of dedication, you will make a **LIFE LONG** impact in your health and goals. **Both programs** will overhaul your mind and body, and help you find your true path to health, happiness & well-being!

☆ We will pick the exact services for you based on your needs, from the Rx (prescription) of Services listed below. The best part is that we will personal YOUR **L.O.V.E.** program together!

☆ **WARNING!** *Measurable Outcomes and Side Effects* may include:

- | | |
|--|---|
| ✓ Ample health and happiness | ✓ Weight loss (5-20#) |
| ✓ Vibrant energy | ✓ Decrease anxiety and stress management skills |
| ✓ Improved and restful sleep (wake up feeling refreshed) | ✓ Feeling AMAZING & |
| ✓ Cohesiveness in your relationships | ✓ Aging gracefully |
| ✓ Elevated mood | |
| ✓ Balanced hormones and steady blood sugars | |

X **What to expect at the initial 60 minute initial appointment:**

The Initial **COMPREHENSIVE** Consultation is *required* for all new clients. This appointment involves a full medical and personal history, including but not limited to: review of medical blood work, supplements, food records, food products, explanation of our work together, setting goals and expectations, and answering your questions. This appointment is about setting the stage for how we will work together going forward. I encourage you to look at this initial appointment as



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the beginning of our wonderful journey together. This is just the start of how I can assist you in improving your health, energy, well-being, and in many cases, change your LIFE!

You will leave this session with a very detailed, typed up record of our work together. It may include: goals, ideas, recipes, shopping lists, fitness ideas, healthier food options, supplement suggestions, and/or recommendations of what blood work to ask your MD for (based on your goals and symptoms). The initial appointment is also where we determine what other LO Solutions services will be included in your plan down the road (listed below).

Rx

LO Solutions Menu of Services:

Rx

During your initial consultation, we will determine which of the following services may be included in your PERSONALIZE Program. They are ALL included in the price, *except* the MRT food sensitivity test:

- MRT/LEAP Food Sensitivity Testing . STATE OF THE ART FOOD SENSITIVITY TEST.** This is the only test to measure which foods are causing *inflammation* in “your” body. It tests 120 foods and 30 food chemicals with over 90% accuracy and personalizes an anti-inflammatory protocol for YOU. The LEAP protocol heals the body by decreasing inflammation in the body and boosting the immune system, so you can heal symptoms and feel better once and for all!!! **Please email me for more information and details! I can send you testimonials too. Highly recommended for:** migraines/headaches, IBS/Crohn’s/colitis, skin issues (eczema/psoriasis/acne), fibromyalgia/energy issues, hard to lose weight and more.

- Supplement Review & Consolidation:** based on your goals, nutritional needs, current diet, & recent blood work. Includes (but not limited to): supplements, essential oils, smoothie mix/ protein powders, superfoods to try, Ayurveda herbs and products, food products, and more.

- Blood Work Review:** We go over any current blood work from your MD and/or ND and I explain what nutrition or lifestyle actions you may want to take based on your current way of eating and goals. *Don’t have blood work?* NO worries! I will give you suggestions of what to ask for next time you have your physical, based on goals, medical history, family history and symptoms.

- Body Fat & Full Body Measurements (in person required):** Using calipers and state of the art formulas, I accurately measure your body. *“What we measure, can be changed!”* It is important to asses this before implementing a fitness and nutrition program.

- Personalized “At Home” or “Gym” Workouts:** *Options:* **CARDIO workouts** based on your heart rate & current fitness level; **RESISTANCE TRAINING** with bands, props and/or weights; **YOGA &/or**



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PILATES based on injuries and misalignments, and core work goals; and/or **MEDITATION** practice(s) and **RESTORATIVE** yoga poses given as needed. Includes: personalized DVD recommendations when appropriate.

- Ayurveda Consultation & Cleanses.** Including but not limited to: **Ayurveda Nutrition Consultation** (an eastern healing modality to balance the body & mind); **Cleanse & Detox Options** for YOUR body (3 day, 14 day and 21 day options); **The Anti-Inflammatory diet cookbook** I co-wrote; the **SUPERFOOD** smoothie I drink & recommend, and more.
- Connect on Facebook here:** <https://www.facebook.com/LOsolutions?ref=settings>

Lila Ojeda, MS, RDN, CSCS, RYT, CLT
Registered Dietitian Nutritionist * Personal Trainer
Yoga/Pilates * Certified LEAP Therapist

