

Helene Rovnan, DO: Co-Founder of LIT Health – Pioneering Personalized Health and Wellness

Combining Elite Athletic Experience with Medical Expertise to Transform Lives in Pittsburgh, Pennsylvania



New York City, New York Jan 8, 2025 ([Issuewire.com](https://www.issuewire.com)) - Helene Rovnan, DO, a former Olympic finalist and board-certified internal medicine physician, leads all clinical interventions at LIT Health, a groundbreaking health and wellness initiative she co-founded with Beth Brancato — an IFBB Professional Bodybuilder, NASM-certified personal trainer, and nutrition coach. Together, they are dedicated to merging their extensive backgrounds in athletics and medicine to help individuals reach

their fullest potential through personalized training, nutrition, and clinical care.

LIT Health offers an array of services designed to cater to the unique needs of each client, whether virtually or in-home within the Pittsburgh area. The comprehensive offerings include Lifestyle and Transformation Training + Nutrition, tailored Competition Training, LIT Aesthetics featuring neurotoxin and dermal filler treatments, and Concierge Care encompassing medical weight loss therapy, hormone replacement therapy, blood panel assessments, and more.

Dr. Rovnan's impressive academic journey began at the University of Nebraska-Lincoln, where she earned a Bachelor of Science Degree in Biology and Psychology in 2002. She furthered her education at Chatham University, obtaining a Master of Physician Assistant Studies in 2005. Her commitment to healthcare culminated in a Doctor of Osteopathic Medicine Degree from LECOM Seton Hill in 2019, followed by a residency in internal medicine with the Allegheny Health Network Medical Education Consortium from 2019 to 2022. She has been practicing medicine at Allegheny Health Network as a hospitalist in acute care medicine and will be transitioning to a primary care position this year.

As a Diplomate of the American Board of Internal Medicine and an active member of the Pennsylvania Osteopathic Medical Association and the American Medical Association, Dr. Rovnan brings a wealth of knowledge and experience to LIT Health. With a solid foundation in acute and critical care, she understands the vital connection between training, nutrition, and long-term health outcomes.

As a bodybuilder herself, Dr. Rovnan is uniquely positioned to empathize with clients' challenges and aspirations. Under her leadership, every client at LIT Health receives expert care tailored to their individual needs, ensuring a supportive and effective path to wellness.

"We are excited to offer a holistic approach to health and fitness that truly fits our clients' lifestyles," said Dr. Rovnan. "At LIT Health, we are committed to empowering individuals to achieve their health and wellness goals through a personalized, evidence-based approach."

Learn More About Dr. Helene Rovnan:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/82484649-Helene-Rovnan-Internist> or through LIT Health, <https://getlithealth.com/>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

*****@yourhealthcontact.com

Source : Dr. Helene Rovnan

[See on IssueWire](#)