

TARA MARIE SEGUNDO, M.A.
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EDUCATION

Columbia University Master of Arts, Applied Physiology	New York, NY
University of Madrid Foreign Student Program with emphasis on bilingual studies	Madrid, Spain
Baylor University Bachelor of Science, Elementary Education, English/Spanish	Waco, TX

EXPERIENCE

Prudential Securities Fitness Center Saatchi and Saatchi Advertising Wellness Program Met Life Corporate Wellness and Fitness Center Club La Racquette New York Health & Racquet Club Rancho La Puerta Fitness Resort Bath & Racquets Club	New York, NY Tecate, Mexico London, England
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PROFESSIONAL

HealthyLife.net, TARA MARIE LIVE!—Radio Talk Show Host, Recurring
FitandSexy.TV, The Super Fit Challenge—Host / Fitness Expert, Recurring
HotRadio125.com, The Time is Now—Radio Talk Show Host, Recurring
AM 1600 WWRL, InVite Radio—Co-host & Fitness Expert, Recurring
Metro Studios, The New Yorkers—Guest Fitness Expert
WNBF Natural Figure Pro Card 2004
Naturalmania National Figure Championship 2004, 2nd Place
Ms. Figure America 2004, 1st Place, Tall Class
Ms. Figure America 2003, 2nd Place
Ms. Figure Empire State 2003, 1st Place
NBC, The Sally Jessy Raphael Show—Fitness Expert, Recurring
WPIX, The WB 11 Morning News—Fitness Expert
Metro Networks, Metro Traffic and Weather—TV Traffic Reporter
NBC, Weekend Today in New York—Fitness Expert, Recurring
TV Food Network, Recipe for Health—Fitness Expert, Recurring
CBS, 2 News This Morning—Fitness Expert, Recurring
Best Body Magazine, Feature Writer
Natural Bodybuilding & Fitness Magazine, Feature Writer and Model
American Health Magazine, Consulting Exercise Physiologist
HuffingtonPost.com, Guest Blogger
ExpertBeacon.com, Contributing Guest Expert
YourHealthJournal.com, Contributing Guest Expert
The Mind, Body & Soul Network, Feature Writer and Model
National Academy of Sports Medicine, Advanced Personal Trainer
American Council on Exercise, Personal Trainer & Group Fitness Instructor
New York Health & Racquet Club Performance Team