

TARA MARIE SEGUNDO, M.A.

**FITNESS EXPERT, PERSONAL TRAINER, MOTIVATIONAL STRATEGIST
AND RADIO TALK SHOW HOST**



Tara Marie Segundo, M.A. is a New York City based Fitness Expert, Personal Trainer, Motivational Strategist, and Radio Talk Show Host with nearly 30 years experience in the fitness industry. Tara Marie earned her Master's Degree in Applied Physiology from Columbia University and holds certifications from both the National Academy of Sports Medicine and the American Council on Exercise. As a fitness trainer and consultant, she focuses on helping clients break free from destructive patterns so they can reach their physical and mental peak.

In 2003, Tara Marie began her career as a Natural Figure Competitor and earned her Pro Card in just over one year. She holds both state and national titles and uses her knowledge as a competitive athlete to help people overcome their own challenges and achieve their fitness goals.

Her media involvement includes television appearances on CBS, NBC, WPIX, and The Television Food Network as a Fitness Expert. She was hired by Sally Jessy Raphael to travel nationwide and ambush people who were not meeting their fitness goals and has even had a principal role in a national television commercial for McDonald's!

She has contributed to several magazines and online publications, including American Health, Natural Bodybuilding & Fitness, Best Body, HuffingtonPost.com, YourHealthJournal.com, and ExpertBeacon.com.

Tara Marie currently hosts her own radio show, *TARA MARIE LIVE*, which focuses on the pivotal aspects of creating a phenomenal life by addressing the mental, emotional, physical, spiritual, and social sides of ourselves. *TARA MARIE LIVE* airs on HealthyLife.net, one of the largest internet radio networks broadcasting all-positive programming in 128 countries worldwide.

For three years, Tara Marie served as co-host on a radio program about nutrition and wellness sponsored by InVite Health, one of the country's leading supplement manufacturers. She also worked as a Traffic Reporter at Metro Networks in New York City.

Tara Marie has done a wide variety of work in the voice-over industry, including numerous industrials, and she even lent her voice to a character on MTV's animated series, "Daria." Tara Marie is currently the voice of Panasonic's telephone voice-prompt system sold to businesses worldwide.

Her latest endeavors include her work with people struggling with binge eating and the practical 4-step system she created called, **R.A.G.E.®**. Tara Marie teaches people to, **Battle Binge Eating with R.A.G.E.®** by helping them connect the destructive behavior of binge eating with uncomfortable emotions and redirect themselves toward an effective means of coping with the stressors of life.

She recently launched her **168 Hours Rule®** which teaches people how to stay lean and fit by changing how they use the hours they **don't** spend exercising.

Her forthcoming eBook, **THE MOST OVERLOOKED SOLUTION FOR WEIGHT LOSS**, focuses on the often misunderstood mental game of losing weight and weight maintenance. Tara Marie believes that until the mind is properly trained, a physical transformation cannot occur.

"Each day when you awaken is a chance for a fresh start. Decide today to be better, do better, and live better than yesterday. Greatness begins with a quiet decision to pursue excellence every day of your life." ~ Tara Marie Segundo

www.TaraMarie.com
Tara@TaraMarie.com
(877)-692-6221

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