

TARA MARIE SEGUNDO, M.A.
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EDUCATION

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

EXPERIENCE

Prudential Securities Fitness Center New York, NY
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 Tecate, Mexico
Bath & Racquets Club London, England

PROFESSIONAL

American Latino Radio/SiriusXM Ch. 154, TARA MARIE LIVE!—Radio Talk Show Host
HealthyLife.net, TARA MARIE LIVE!—Radio Talk Show Host
FitandSexy.TV, The Super Fit Challenge—Host / Fitness Expert
HotRadio125.com, The Time is Now—Radio Talk Show Host
AM 1600 WWRL, INVITE RADIO—Radio Talk Show Co-Host
Metro Studios, The New Yorkers—Guest Fitness Expert, Recurring
WNBF Natural Figure Pro 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
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, Feature Writer
Natural Bodybuilding & Fitness, Feature Writer and Model
American Health, Consulting Exercise Physiologist
HuffingtonPost.com, Guest Feature Writer
ExpertBeacon.com, Guest Feature Writer
YourHealthJournal.com, Guest Feature Writer
The Mind, Body & Soul Network, Feature Writer and Model
National Academy of Sports Medicine, Advanced Personal Trainer
American Council on Exercise, Personal Trainer and Group Fitness Instructor
New York Health & Racquet Club Performance Team