

**TARA MARIE SEGUNDO, M.A.**  
**SAG / AFTRA**  
**www.TaraMarie.com**  
**1-877-692-6221**

**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  
Rancho La Puerta Fitness Resort Tecate, Mexico  
Bath & Racquets Club London, England

**PROFESSIONAL**

**The Hangar Studios, TARA MARIE LIVE!—Host**  
**American Latino Radio/SiriusXM Ch. 154, TARA MARIE LIVE!—Host**  
**HealthyLife.net, TARA MARIE LIVE!—Host**  
**FitandSexy.TV, The Super Fit Challenge—Host / Fitness Expert**  
**HotRadio125.com, The Time is Now—Host**  
**AM 1600 WWRL, INVITE RADIO—Co-Host**  
**Metro Studios, The New Yorkers—Guest Fitness Expert, Recurring**  
**WNBF Natural Figure Pro 2004**  
**Naturalmania National Figure Championship 2004, 2<sup>nd</sup> Place**  
**Ms. Figure America 2004, 1<sup>st</sup> Place, Tall Class**  
**Ms. Figure America 2003, 2<sup>nd</sup> Place**  
**Ms. Figure Empire State 2003, 1<sup>st</sup> 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**