

TARA MARIE SEGUNDO, M.A.

SAG/AFTRA

www.TaraMarie.com

Hair: Dark Brown
Eyes: Golden Brown
Height: 5' 5"
Weight: 125 lbs.

Tara@TaraMarie.com
1-877-692-6221

TELEVISION

THE SUPER FIT CHALLENGE

THE NEW YORKERS

DARIA

THE SALLY JESSY RAPHAEL SHOW

WB 11 MORNING NEWS

METRO TRAFFIC & WEATHER

NBC WEEKEND TODAY IN NY

NATURALLY FIT TELEVISION

2 NEWS THIS MORNING

RECIPE FOR HEALTH

Host / Fitness Expert (Recurring)

Fitness Expert (Recurring)

Staff Coordinator (Day Player)

Fitness Expert (Recurring)

Fitness Expert

TV Traffic Reporter (Recurring)

Fitness Expert (Recurring)

Exercise Physiologist

Fitness Expert (Recurring)

Exercise Physiologist (Recurring)

Fit and Sexy TV

Metro Studios

MTV

NBC

WPIX

Metro Networks

NBC

FOX Sports Network

CBS

TV Food Network

FILM

ANGEL OF THE NIGHT

30 DAYS

Suzy

Softball Player

Peter Fernandez, dubbing dir.

Aaron Harnick, dir.

COMMERCIALS Principal Roles

DDB Chicago, Inc.

RADIO/VOICE-OVERS Principal Roles

THE HANGAR STUDIOS, **TARA MARIE LIVE!** (Host); AMERICAN LATINO RADIO/SIRIUSXM CH. 154, **TARA MARIE LIVE!** (Host); HEALTHYLIFE.NET, **TARA MARIE LIVE!** (Host); HOTRADIO125.COM, **THE TIME IS NOW** (Host); AM 1600 WWRL, INVITE RADIO (Co-Host); MAXIM RADIO (Guest Interview); PANASONIC; POWER POINT; RAQUE FOOD SYSTEMS

MODELING

BEST BUTT ON THE BEACH; HERBICEPS.COM; THE ARNOLD CLASSIC; PSYCHOTHERAPYCLOTHING.COM; TIME MAGAZINE; NATURAL BODYBUILDING & FITNESS MAGAZINE; GIRL SCOUTS

TRAINING

Acting: Susan Grace Cohen (private); Geri Winbarg - The School for Film & Television;
Julie Tucker (Manhattan Theatre Club)

Commercials: Ruth Nerken, Richard Larson - The School for Film & Television

Voice-Overs: David Zema - David Zema Voice of Success Program

Film Technique: Deborah Mathieu-Byers - The School for Film & Television

EDUCATION

M.A. Applied Physiology, Columbia University; Bilingual Studies, University of Madrid;
B.S. Elementary Education, English/Spanish, Baylor University

SPECIAL SKILLS

Certified Personal Trainer/Aerobics Instructor/Step Aerobics Instructor; Weight-Lifting; Pro Figure Competitor; Cycling; Mountain Hiking; Jet Skiing; Parasailing; Jogging; Flight Attendant; **Conversational Spanish**; Valid Driver's License

*WNBF Natural Figure Pro 2004
Naturalmania National Figure Champion 2004, 2nd Place
Ms. Figure America 2004, 1st Place, Tall Class
Ms. Figure Empire State 2003, 1st Place*