

TARA MARIE SEGUNDO

SAG AFTRA

www.taramarie.com

Hair: Dark Brown
Eyes: Golden Brown
Height: 5' 5"
Weight: 127 lbs.

tara@taramarie.com
877-692-6221

TELEVISION (Tape Available)

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.

VOICE-OVERS/RADIO Principal Roles (CD/Tape Available)

HEALTHYLIFE.NET, *TARA MARIE LIVE!* (Host); HOTRADIO125.COM, *THE TIME IS NOW* (Host); AM 1600 WWRL, *INVITE RADIO* (Co-Host and Fitness Expert); MAXIM RADIO (Guest); PANASONIC; POWER POINT; TAKE THE MONEY AND RUN (European Game Show); RAQUE FOOD SYSTEMS; WMJC Country 94.3 (Traffic Anchor)

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

MA Exercise Physiology, Columbia University; Bilingual Studies, University of Madrid;
BS Elementary Ed., English/Spanish, Baylor University

SPECIAL SKILLS

Personal Trainer; Aerobics Instructor; Step Aerobics Instructor; Weight-Lifting; Roller-Blading; Bicycling; Mountain Hiking;
Jet Skiing; Parasailing; Jogging; Power Walking; 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