



TARA MARIE SEGUNDO, M.A.

Tara Marie Segundo, M.A. is a New York City based Fitness Expert, Personal Trainer, Motivational Strategist, and Radio Talk Show Host with over 30 years experience in the fitness industry. Her time spent working in fitness combined with her career as a Pro Natural Figure Competitor have given her valuable tools to help people break free from destructive patterns so they can reach their physical and mental peak. After enduring her own decades-long struggle with a poor body image and disordered eating, she was able to help herself. Tara Marie now guides others on how to overcome their own obstacles and live to their highest potential!

Do you struggle with binge or compulsive eating? Have you repeatedly tried *unsuccessfully* to lose excess weight? Are you in need of practical tips to stay lean & fit, even with an impossible schedule? Break free from your past & generate an effective plan for success! Creating a great *strategy* is the key to reaching your goals & Tara Marie will teach you how!

Suggested Interview Topics:

Battle Binge Eating with R.A.G.E.® (Learn Tara Marie's 4-step system to stop binge eating!)

The 168 Hours Rule® (Use every waking hour to stay lean & fit!)

The Most Overlooked Solution for Weight Loss (Master the mental game of fat loss!)

You Don't Have to be Fat (Drop the excuses & drop the excess fat!)

Secrets of Living Lean (Learn the secrets lean people know & practice daily!)

Suggested Intro: **Tara Marie Segundo, M.A.** is a New York City based Fitness Expert, Personal Trainer, Motivational Strategist, and Radio Talk Show Host with over 30 years experience in the fitness industry. She holds a Master's Degree from Columbia University in Applied Physiology and helps clients break free from destructive patterns so they can reach their physical and mental peak and live to their highest potential. Her radio show, **TARA MARIE LIVE**, focuses on the pivotal aspects of creating a phenomenal life by addressing the mental, emotional, physical, social, and spiritual sides of people. Learn more about Tara Marie at www.TaraMarie.com.

To download Suggested Interview Questions, visit www.TaraMarie.com/press-kit/

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