

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

**EDUCATION**

<b>Columbia University</b> Master's Degree in Applied Physiology	New York, NY
<b>University of Madrid</b> Foreign Student Program with emphasis on bilingual studies	Madrid, Spain
<b>Baylor University</b> Bachelor of Science, Elementary Education, English/Spanish	Waco, TX

**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**

**HealthyLife.net**, "TARA MARIE LIVE!"—Radio Talk Show Host  
**FitandSexy.TV**, "The Super Fit Challenge"—Host / Fitness Expert, Recurring  
**HotRadio125.com**, "The Time is Now"—Radio Talk Show Host  
**AM 1600 WWRL**, "InVite Radio"—Co-host and Fitness Expert  
**Metro Studios**, "The New Yorkers"—Guest Fitness Expert  
**Maxim Radio**, "All American Girls"—Guest  
**Best Butt on the Beach**, Ad Campaign Model  
**PsychoTherapyClothing.com**, Fitness Model  
**HerBiceps.com**, Fitness Model  
**The Arnold Classic**, "Fashion Show 2005"—Fitness Model  
**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 Magazine**, Feature Writer  
**Natural Bodybuilding & Fitness Magazine**, Feature Writer and Model  
**The Mind, Body & Soul Network**, "Exercise of the Week"—Feature Writer and Model  
**National Academy of Sports Medicine**, Advanced Personal Trainer Certification  
**American Council on Exercise**, Personal Trainer and Group Fitness Instructor Certifications  
**New York Health & Racquet Club Performance Team**