

# **Tara Rayburn**

**Healthy Habit Coach at The Healthy Habit Coach**

Las Vegas, NV, US

The Healthy Habit Coach, Inspiring Uplifting Habits for the Mind, Body and Soul

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## **Biography**

Tara Rayburn, The Healthy Habit Coach empowers you with healthy, sustainable habits. She is a speaker, author, wife and a Mom-on-a-Mission. Her expertise is to clearly explain the benefits of old world wisdom how we can simply weave those principles into our current lifestyle. She illustrates how by adding just one habit we can each create healthy ripples spreading throughout the world. Tara believes the ultimate “Health Care Plan” is to “Care for our Health.” Her expertise will add both years to your life, and life to your years!

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## **Availability**

Author Appearance

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## **Industry Expertise**

Health and Wellness, Mental Health Care, Social Media, Corporate Training, Food Production, Fitness, Food and Beverages, Religious Institutions, Women, Restaurant/Food Service

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## **Areas of Expertise**

Change A Life, Real Food, Nutrient Rich Foods, Essential Oils, Allergy Friendly Recipes, 100 Easy Healthy Habits, Healthy Cooking, Healthy Habits, Gluten Free Cooking and Living

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## **Affiliations**

Weston A. Price Foundation, National Speakers Association

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## **Sample Talks**

### **Healthy Habits for Life!**

Vibrant health is an accumulation of our daily habits. If you practice good sustainable daily habits at least 80% of the time, you will be creating a strong, healthy foundation. Learn how to choose the best habits for YOU and how to become a ripple of health in our world!

## **Healthy Habits for Life**

Tara will empower your group with powerful principles for a strong foundation. Her energetic and entertaining style coupled with clear explanations will inspire your group to “be the ripple” of health. Tara will illustrate how just one person, and one habit can revolutionize the health of an entire organization.

Participants will:

Learn 3 Key Principles for Real Health

Understand a simple process to choose and create their own revolutionizing healthy habits

Feel inspired to apply at least one

## **Healthy Habits for Life**

Learn how to easily create your own healthy habits. Then experience examples specific to your group from Tara Rayburn's brand new book 100 Easy Healthy Habits: Uplifting Habits for the Mind, Body and Soul.

For Example: Healthy Habits with Essential Oils, Healthy Habits for Administrative Assistants, Healthy Habits for Traveling Professionals,

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## **Event Appearances**

### **Recipes with Pizzaz**

Believe: Young Living's International Convention in Salt Lake City, Utah

### **Healthy Habits with Essential Oils**

Author Presentation for Life Science Publishing at Believe 2013

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## **Education**

### **Western Carolina University**

Radio & Television/Journalism B.S. Radio and Television with minor in Journalism

### **US Army DINFOS**

US Army Photojournalist Photojournalism

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