

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

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!

Availability

Author Appearance

Industry Expertise

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

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

Affiliations

Weston A. Price Foundation, National Speakers Association

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,

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

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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