

## **Sarah Hays Coomer Official Bio**

Sarah Hays Coomer is a Mayo Clinic and National Board Certified Health & Wellness Coach, a Certified Personal Trainer with the National Strength and Conditioning Association, and a Certified Nutrition and Wellness Consultant and Prenatal Fitness Specialist with the American Fitness Professionals & Associates. She is also a speaker and author of three books: [The Habit Trip: A Fill-in-the-Blank Journey to a Life on Purpose](#) (Running Press, December 2020), [Physical Disobedience: An Unruly Guide to Health and Stamina for the Modern Feminist](#) (Seal Press, 2018) and [Lightness of Body and Mind: A Radical Approach to Weight and Wellness](#) (Rowman & Littlefield, 2016). Her work has been featured in Thrive Global, The Wall Street Journal, Utne Reader, New York Daily News, Huffington Post, Bustle, and The Tennessean, among others. She has spoken at organizations and universities nationwide including Google, Vanderbilt University, the Nashville Women's March, The University of the South, the Tennessee Immigrant and Refugee Rights Coalition, Confluence, and the Girls to the Moon Conference. She lives in Nashville, TN with her husband, son, and two rescue pups, Ringo and Moon.

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