

Sarah Hays Coomer is an author, Mayo Clinic and National Board Certified Health and Wellness Coach, and Certified Personal Trainer with the National Strength and Conditioning Association. She writes the [Hey, Health Coach](#) column for *Forbes*. Sarah's books include: [The Habit Trip: A Fill-in-the-Blank Journey to a Life on Purpose](#) (2020, Running Press), [Physical Disobedience: An Unruly Guide to Health and Stamina for the Modern Feminist](#) (2018, Seal Press) and [Lightness of Body and Mind: A Radical Approach to Weight and Wellness](#) (2016, Rowman & Littlefield). Her work has been featured in *Forbes*, *Thrive Global*, *The Wall Street Journal*, *HuffPost*, *Triathlete Magazine*, 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. Sarah lives and trains in Nashville, TN with her husband, son, and two rescue pups, Ringo and Moon.

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