

Sarah Hays Coomer Official Bio

Sarah Hays Coomer is a "diet abolitionist," a Certified Personal Trainer with the National Strength and Conditioning Association, a certified Nutrition and Wellness Coach and Prenatal Fitness Specialist with the American Fitness Professionals & Associates, and a member of the American College of Sports Medicine. She believes that fitness should be about celebrating and strengthening our bodies—bringing them to life rather than depriving them and trying to shrink or manipulate them. Sarah is the author of two books: *Physical Disobedience: An Unruly Guide to Health and Stamina for the Modern Feminist* (2018, Seal Press/Hachette) and *Lightness of Body and Mind: A Radical Approach to Weight and Wellness* (2016, Rowman & Littlefield). Her work has been featured in *Shape*, *MSN*, *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 Women's March 2019, The University of the South, the Tennessee Immigrant and Refugee Rights Coalition, Confluence, and the Girls to the Moon Conference.

Sarah is not interested in dictating what health or wellness look like in her clients' lives. She is interested in helping them hear the messages their bodies are sending and respond with self-directed, intrinsically-motivated behavioral changes to bolster their ambitions and support the causes and people they champion. Sarah believes that "fitness" or wellbeing is about reminding ourselves what it's like to be alive—agile, strong, and light on our feet.

Sarah lives and trains in Nashville, TN with her husband, son, and sweet pitbull, Ringo. In addition to traditional personal training and wellness coaching, she works with populations that face particular challenges connecting with their bodies, including first time exercisers, pregnancy and postpartum fitness, obesity (teen and adult), chronic pain, eating disorders,

depression, heart disease, cancer, and the elderly. She sees beauty and power in every one of their bodies and strives to help them see the same.

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