

About Jennifer Tuma-Young

Jennifer Tuma-Young, an entrepreneur, speaker, writer, life stylist, licensed coach, wife, mother, and down-to-earth 'inspirer' understands what it's like to try to find balance, and is on quest to help women everywhere feel good about themselves and the juggling act we all partake in!

This multi-hat wearin' woman not only studied life balance, she is living testament that you CAN find balance in you. A recovered stressaholic and yo-yo dieter, Jennifer finally lost over 100 pounds 10 years ago, and never looked back! She overcame the threat of type II diabetes, changed careers, found balance, and is a much happier person inside and out. Now, as a self-help expert who has worked with thousands of clients, Jennifer uses her experience and expertise to give people exactly what they need: tips and tools that are simple, practical, and totally fun!

Jennifer began her venture in the world of helping women first by opening a women's wellness center, and is now also the author of "Little Miss Negative", the author/host of the dvd, Diets Don't Work, and the founder of a Personal Development Company, *Inspirista*. She works hands on with people to create whatever they want for themselves and most importantly, to enjoy doing it! She is best known as a "blast of inspiration" motivating and teaching others how to live well, and making it simple to do!

Jennifer firmly believes the way we live is truly a reflection of the way we feel. She's a life stylist, working with people on balance to optimize their personal development, stress level, time management, wellness, work, fun, creativity, and juggling responsibilities! Jennifer's services include "Inside-Out Makeovers", "Clutter-Color-Decor Assessments", "Recipe Design" and "Stress SOS", just to name a few!

Jennifer takes her energy on the road by traveling the country as a sought after speaker. She writes, licenses, and facilitates workshops, as well as speaking for women's groups, organizations, corporations, small business, and in the media for companies such as Healthy Flax Organization, Unilever, Foster Grant, American Express, Sabra Hummus, Kmart, S.C Johnson & Son, CSC Brands, Curves International, Bayer Health, Ladies Who Launch, W.I.S.E Solutions, All About Women, Barilla North America, Greater Media Group, American Diabetes Association, and dozens more!!

Dubbed one of "America's Ultimate Experts" by Woman's World Magazine, Jennifer has appeared on over 300 radio and television programs as an expert guest, and has had recurring segments on Diet TV, Better TV, Rachael Ray, and ABC, NBC, CBS and FOX news! Her articles and tips are featured in outlets such as Martha Stewart Living, Balance Magazine, Asbury Park Press, Courier News, Yahoo Shine, The Learning Annex, and iVillage. She is a regular blogger for [Healthy Style NY](http://www.healthystyleny.com), [Savor the Success](http://www.savorthesuccess.com), Yahoo Health's Capessa and skirt! Magazine, a contributor/support moderator for Diet TV, and serves as a life balance and wellness expert for Gannett's "Moms Like Me- Ask the Expert"

Jennifer graduated Monmouth University with a B.A in Communications. She is a licensed coach, and has numerous certifications in life balance, personal development, time management, life strategies, mind-body wellness, kinesiology, nutrition, and fitness. Jennifer continues in ongoing training with organizations such as Curves International, ACSM, AFTA, NESTA, Discovery Health Institute, American Council on Exercise, and Wellcoaches. She is trained in life coaching, and has taken courses at NYU and Life Coach Institute. Jennifer is a member of the International Coaches Federation and an alliance member of the American College of Sports Medicine.



Jennifer Tuma-Young
B.A. Communications
Licensed Wellness Coach

Media Experience In a Nutshell...

Recently dubbed one of "America's Ultimate Experts" by Woman's World Magazine, Jennifer has extensive media experience, and has appeared on over 300 radio, television, and news programs. She hosts a podcast radio show entitled, "Girls Night Out!" that features simple, practical, and totally fun tips on life balance. Jennifer is the author of the adult storybook, "Little Miss Negative", and the founder of Personal Development Company, "Inspirista".

Some Places You May Have Seen, Read, or Heard Jennifer:

Television:

Rachael Ray- nationally syndicated, recurring
Better TV- nationally syndicated, recurring
Diet TV- national/web, recurring
Daily Connections- national/web daily morning show
Daily Buzz- nationally syndicated
WE TV- national cable network
NJN- New Jersey News
ABC - New York
FOX- Great Day Houston
NBC- Baltimore 11 New Saturday Morning
CBS- Morning Show (DC)
CBS- Virginia This Morning
FOX- Morning Show
NBC- Las Vegas Sunrise Sunday
ABC- Channel 8 At Noon (New Haven, CT)
FOX- Morning Show (Hartford, CT)
NBC- Today Show (CA)
ABC- Living in the Heart of Virginia
NBC- Sonoran Living Live (Phoenix, AR)
The New Yorkers – (New York, NY)

Radio:

Over 200 guest appearances - have appeared on nationally syndicated radio programs as well as local radio appearances in almost every state such as...

- Nationally Syndicated ABC Radio
- New York 106.7 FM "Get Connected with Christine Nagy"
- Syndicated "The Bob & Sheri Show"
- National LIME Sirius Satellite Radio "Be Happy Dammit"
- New Jersey WCTC 1450 "Judith Leblein"
- New York/New Jersey Magic 98.3
- AND MANY MORE

Print/Online:

Columns Featured: Gannett Publications Print and Online
Blogs Featured: Wellness/Life Balance "Ask the Expert" Column, Central Jersey Moms
Recurring Contributor: The Learning Annex featured writer, and teacher of life-balance courses such as "Lessen the Stress"

Articles, Tips, and Blogs Featured in Woman's World, Yahoo Shine, iVillage, Ladies Who Launch, The Huffington Post, The Daily Record, Asbury Park Press, Courier News, Hone News Tribune, One Minute U, Rachael Ray, Martha Stewart Living, Divine Caroline, skirt, and dozens more!