

COACH TARA

training nutrition online programs



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ABOUT COACH TARA

Tara Garrison is the founder of HIGHER, a luxury health coaching experience for high performers that includes training, nutrition, biohacking and mindset coaching.

She has helped many celebrities, professional athletes, and top executives optimize their health.

Tara is also the creator of the popular Keto In & Out System, in which she teaches how to “Do Keto. Not Forever” to optimize metabolism, brain power, athletic performance and physique.

Her book, Short Term Keto, explains this concept in depth.

She is the host of the Inside Out Health Podcast, in which she interviews world-class health experts from all over the world.

One on One Client
Community.



Self Guided
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LEVEL UP

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