

## **If the body is a machine, it needs a constant tune-up**

By **STEVE BROWN** - Staff Writer

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If our bodies could talk, they would say "Move me!" They would command us to get up and do something. They would say it in a voice loud enough to drown out that other imperative: "Feed Me!"

This is one of the fundamentals of a program called T-Tapp.

We need to treat our bodies like machines. If they aren't tuned up, they won't work well. This is another T-Tapp premise. Bodies need to move. Any movement is good, but certain kinds of movement provide better results.

If movement is the key to fitness, as T-Tapp asserts, the perfect workout would shift our focus away from how much we eat. It would end our obsession with counting calories and jumping on scales.

We would expect the perfect workout to provide other benefits. What if we could exercise every muscle of the body and every part of every muscle? What if we could get rid of chronic back and knee pain, increase heart rate, reduce blood sugar and boost the immune system?

What if we could lose inches quickly, without having to go to a gym or buy special equipment? What if we could find a workout that doesn't take up that much of our time?

This may sound too perfect to be true, but T-Tapp claims its workouts can provide all those benefits. Lani Muelrath, a physical education instructor at Butte College since 1975 and head T-Tapp trainer, will present her case at a free seminar May 14 at Butte College Chico Center

The presentation is called Better Body Basics for Baby Boomers, but Muelrath said T-Tapp is for all ages and fitness levels. She said the program's ability to deliver maximum fitness in minimal time makes it appealing for middle-aged people. "I'm a baby boomer," she said. "It's good to use the body. I like to move, but I don't want to have to work out too much. I want to have time to walk and ride my bike. I want to have the energy to accomplish other things in my life."

Muelrath has a busy life. She's teaches full time at Durham Intermediate School and instructs part-time at Butte College, where she teaches live and an online T-Tapp classes. As the head T-Tapp trainer, she tours the country to promote the program.

She has always been physically active. "In high school, I was a dancer. I have always been a jogger and done aerobics exercises." She also practices yoga and was a certified Pilates instructor before she learned about T-Tapp.

T-Tapp was developed by Teresa Tapp, who studied exercise physiology and nutrition in college and later became a fashion model recruiter and trainer. In the 1990s, she developed and copyrighted a series of exercise movements, started offering classes and

seminars, set up a Web site and produced videos and DVDs. She is working on a book, which will be released next year. Stories about T-Tapp have appeared in "Woman's World," "Fit" and "Parade" magazines. Muelrath was Tapp's first certified trainer. She is now one of about 30 in the country. She said her title of head trainer is "an honor I cherish."

Muelrath said in weight training, the "belly" of the muscle is built up, increasing mass. In T-Tapp every part of the muscle is developed, increasing density.

She said the T-Tapp workout stimulates the lymphatic system, helps the body burn glucose and promotes "neuro-kinetic flow," improving the ability of the brain to send neurons through the spine to the extremities.

She said people who use the program don't have to be too concerned about how much they eat, but they need to make healthy food choices.

T-Tapp doesn't recommend a particular diet, but Muelrath said Tapp has done research that suggests people's genetic backgrounds and blood types can have some bearing on their nutritional needs.

Certified T-Tapp trainer Lani Muelrath will present a free T-Tapp seminar from 10 to 11:30 a.m. May 14 at the Butte College Chico Center, 2320 Forest Ave., Room 160. Registration must be completed in advance by calling (800) 342-0717 or by going to [www.t-tapp.com](http://www.t-tapp.com) and looking in the "Events" section on the Web site. The seminar will include information and demonstrations. Those interested in the program are also invited to visit Muelrath's personal Web site: [www.bodywisdombyalni.com](http://www.bodywisdombyalni.com).

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