



## Tipton woman focus on 'Good Health'

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Exercise Physiologist/Rehabilitative Trainer Teresa Tapp is the Creator of the T-Tapp Workout. For more information and to download some FREE exercises to try go to [www.ttapp.com](http://www.ttapp.com)

TIPTON, Okla. (Special) - In less than two short years, Jo Good has seen her life take a 360-degree turn toward better health.

Mother of four, wife of a computer wizard, daughter of a whirlwind mom, she knows what it's like to be on the go 24-7. But she's found a way to balance the stress of her life with exercise.

"Before my life turned around," said Good, "I worked six days a week in a four-star restaurant in Tulsa, Okla. Because I was around food all the time, nothing tasted good, so I just wasn't interested in eating.

As a result, she says that her body shrank to a size 0. Good described herself then as looking much too skinny and very unhealthy."

"I have learned that the body's goal isn't to look good in a pair of jeans, but to survive. I suppose that is why crash diets don't work. They just force your body to slow down it's metabolism."

One day, she fell, injuring her left knee. After spending a week on crutches, Good went into physical therapy. The treatments, however, did little good. Walking was painful and running - an activity she once enjoyed - was out of the question. In desperation, she quit her waitress job and took a position as an office administrator. Now she spent her workdays sitting at a desk, snacking.

"Each week, I grew bigger and bigger," she said. " Even though I'd been very small, I had no muscle mass so my metabolism was just awful.' "

While surfing the Internet one night, Good came across an exercise program called T-Tapp. Reviewing the website she noticed that many people were getting relief from chronic pain as well as losing inches. This program focuses on INCH loss rather than scale watching and seemed to make a lot of sense so she figured she had nothing to lose and ordered the program. "I had been looking everywhere for some kind of exercise that I would be able to do with a bad knee and this seemed the answer to my prayers."



“Right from the beginning my youngest daughter, Elizabeth enjoyed working out with me. We have had a lot of fun! Once my son Jonathon asked Elizabeth if T-Tapp was “a girl workout”. Elizabeth looked at Jonathon, then looked at the TV where Teresa Tapp was exercising and said, “well, she’s got more muscles than YOU!” I was so surprised when Jonathon shrugged and started working out with us! Later when I was practicing to teach my certification class to become a T-Tapp trainer I would pay Jonathon to let me “work him out”. It is actually a lot of fun to workout with children and I hope to do that more in the future.

“The T-Tapp program works because anyone can do it in the privacy of their own home regardless of their age or fitness level. It works the muscles at both attachments creating long, lean, sculpted muscles rather than the shorter bulky muscles associated with weight lifting” raves Good. “ There are no weight, extra equipment or gimmicks involved – just using the body as its own machine”. This program not only changed my body, it changed my life because I am a fit size 6 AND, with T-Tapp, my knee improved MORE than actual physical therapy and I have no more pain.”

Even Good's husband, Patrick, got into the act.

"Pat is diabetic," she said. "He's supposed to watch his diet and exercise regularly, but sometimes, he can be a couch potato. When I told him the Hoe Downs had been documented as lowering blood sugar levels in Type II Diabetes, he didn't believe me." She laughed. He didn't want me to know he was doing them, so he'd hide in the bedroom and exercise alone. He loves having the option of an exercise that can burn off blood sugar quickly if he has indulged in something that might not be on his regular menu. “

“I really owe my husband a lot of credit in becoming a certified T-Tapp trainer. After I’d been “tapping” (as those who use this workout call it) for three months and had already gone from size 10-12 to a tight size 6, my husband worked overtime so that I could attend a T-Tapp clinic in Kansas City because he knew how important it was to me. After that clinic, and meeting Teresa Tapp in person, Pat and I discussed the idea of me becoming a trainer. He knew what a difference it had made in my life and was very supportive.”

In November 2003, Good took a three-hour exam in Dallas and earned her certification as a personal trainer. Now, she is ACE Certified as well as being one of only 28 Certified T-Tapp Trainers in the United States and currently the only T-Tapp trainer in Oklahoma. “I have very high standards that trainers must meet in order to become a certified T-Tapp Trainer,” says Teresa Tapp. “We are very pleased to have someone of Jo’s caliber on the T-Tapp team because of her sincere desire to help people be the best they can be in mind, body and spirit.”

Good spends her time working one-on-one with those who are concerned about health issues.



“People have commented to me that I would have many more clients in a large area like OKC or Tulsa, but I love living in this area of Oklahoma. People everywhere are interested in looking and feeling better.”

"If I can help even one person become healthier," Good said, "then I know I've turned my life in the right direction."

(for more information you can e-mail Jo Good at [jo@t-tapp.com](mailto:jo@t-tapp.com))