

Hoe Downs by T-Tapp Little move, Big Results



June 2003 Issue

Although Prevention Magazine's June 2003 article called this movement the "2 minute Energy Boost", T-Tappers call it "*Hoe Downs*". And even though this movement is probably one of the fastest ways to boost energy and eliminate what's commonly called the "afternoon slump", it does a lot more.

Why *Hoe Downs*? Growing up in a mid-western, farming community that had annual festivities with square dances, Teresa thought the knee lifting movements during this exercise were similar to Hoe Down dances. However, although the name association seemed natural to Teresa, she has since discovered that the majority of others haven't even been to a square dance.

Minimal movement that delivers maximum results? Yes, you can do a simple exercise called *Hoe Downs*. It may look easy, but within 2 minutes, all ages and all fitness levels are breathing heavier with increased heart rate, energy as well as clarity of mind.

How is this possible? "*T-Tapp's*" use of comprehensive, compound muscle movement combined with linear isometric, large muscle movement and lymphatic pumping can significantly increase cardiovascular rate without any jumping or use of weights yet deliver rehabilitative muscle strength to the spine, shoulders, hips and knees" says Teresa Tapp, creator of *T-Tapp, The Workout that Works*. Most exercise programs only use isotonic movements, but in *T-Tapp* always work muscles with both attachments activated, as well as work 5 or more muscles at the same time. This type of maximized muscle movement enables the body to tighten and tone muscles with girdle strength developing muscle density instead of muscle bulk. Visible inch loss comes quickly - usually within 5 days. *Hoe Downs* may look simple but when you do it you can immediately feel the difference."

Bonus Benefits? *Hoe Downs* seem to blast the blues away, as well as increase mental clarity. Many women have also reported that *Hoe Downs* seem to help control hormonal mood swings often experienced with PMS and menopause.

Preliminary testing has also shown that *Hoe Downs* can effectively drop glucose levels quickly. Test results verified an average drop in glucose from 62 to 85 points upon completion and an average rate up to 100 points at 10 minutes post completion. Talk about a sugar buster! But even though *Hoe Downs* can help patients with diabetic concerns, they're also great for anyone who wants to burn off excess glucose before it converts to fat.

Last of all, *Hoe Downs* involve simultaneous left/right brain cognitive processing for optimal brain balance. Because of this, initial coordination doing the single count lift/touches from front to side can be challenging, but within a week cognitive processing significantly improves. Furthermore, recent research has revealed how important it is to exercise the brain as well as the body for quality of life in senior years.

So try *Hoe Downs* once or twice a day and see what they do for you. After 7 days most people report inch loss in their stomach, hips and/or thighs so don't forget to measure prior to starting.

Hoe Downs...they're easy, they're fast and they can be done anywhere! They're the perfect example how less can be more when maximizing muscle movement the *T-Tapp* Way. Good luck!