



Regimen developer devoted to her passion

By Craig Sterrett
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A writer in La Salle is having trouble completely understanding the exercise guru in St. Petersburg, Fla.

"I can tell you're holding the phone with your left shoulder," Teresa Tapp in Florida says, telling the writer in small-town Illinois to take his right hand away from the keyboard.

She tells him to move his arm the way it would for a bicep curl with a dumbbell. He leans forward, puts his elbow near his liver and curls his fist up from right of his right knee.

Then she tells the writer to put his right elbow exactly at his side. She wants him to jut his forearm out perpendicular from his side and parallel to the ground, then roll his hand over the fingers extended, palm pointing to the ceiling.

She tells the guy over the phone that she knows his hand is about two inches higher than parallel to the ground, because that's what guys always do. He moves his hand down about two inches and feels muscles tighten below his elbow along his bicep and behind his armpit, whatever that is called.

Now she says to try to put his thumb backward toward the wall and rotate it downward as far as possible while pushing his elbow forward as much as possible.

She asks if the writer at the other end of the phone line "felt that" in his upper arms, deltoid and any other big muscles in his back.

"Un-huh.."

Then she starts talking about how she designed that position as just one of the ways to promote good posture and to firm muscles people usually don't challenge.

She continues talking about other exercises and the guy at the other end of the phone line tries to keep up. But truthfully he just can't keep up with her. She talks about how she designed all of her exercises for the purpose of stimulating the lymphatic system. How they promote good posture and a



healthy back. How during the 1980's in Germany, she looked for teens with potential to be models and whip them into runway condition.

Tapp talks about how a lot of older women or women who do not exercise will start to “pronate,” their knees knocking together and their toes pointing out like a duck. The writer at the other end of the phone picks up something about how fat builds in the parts of the body people don't put to work. She continues talking about how her exercises could help people with rotator cuff problems, people who show the tension of the world in their shoulders and people who start to develop “knee-knocker fat” and upper thigh “saddlebags” because of the way they position their feet when they walk.

“Wherever you inactivate muscle is where you'll accumulate fat,” says the voice over the phone.

But the guy at the other end of the phone still is thinking about that weird stretch the lady in Florida made him do.

“You know something,” he interjects, “that kind of hurt.”

She gets even more excited about her work.

Tapp said the position kind of hurt because she forced him to stretch muscles that are normally tight and shorter muscles that almost always are stretched and relaxed. She said people at computers or watching TV tend to slouch and roll their shoulders forward and upward, tensing the shoulders and rarely squeezing their shoulder blades together. She said the exercise is just one of the many that forces people to rotate their shoulders backward, and she said her exercise has helped senior citizens who were becoming hunched over in their old age.

She explains that a weight-lifting curl merely works the belly of the bicep. The position she put the writer in forced him to sit up straight and into good posture. It also worked his tricep (back of the upper arm), bicep, deltoid (shoulder), trapezius (big muscles at the side of the back) and latissimus dorsi (big muscles from the center of the back).

Tapp, 47, said her workout employs some of the power moves of Pilates, some aerobic qualities without the impact of aerobics and some flexibility moves without the freaky positions of yoga.

“I systematically created a sequence of moving your muscles layer by layer from the inside out,” she said.

Many of her exercises can be found for Free on her website, www.ttapp.com so that you can “try before you buy”.



She says she has avoided doing infomercials and is trying to target a portion of the population that isn't up and moving and exercising already.

"Muscles atrophy," she said. "If you don't use it, you lose it and that happens with the brain too."