



T-TAPP COMBINES FAST INCH LOSS WITH PAIN RELIEF

Kentuckiana Family Magazine

July 1, 2003

Naomi Armstrong suffers from Fibromyalgia and Systemic Lupus and has still been able to lose several dress sizes with a unique, cutting-edge at-home fitness program called T-Tapp developed by Exercise Physiologist/Rehabilitative Trainer Teresa Tapp. "Best of all" says Naomi with a smile in her voice, *"the feeling in my hands and feet are returning! T-Tapp is literally giving me back my life by giving me back my health"*.

Cheryl Widener from Florence, KY has lost 22 inches *"I started T-Tapping seriously in October and have already lost 22 inches. I can't believe how Tapping has reduced my neck and back pain and how great I feel. I just returned from a 4 day Fitness Retreat in Florida and lost 12 inches during that weekend alone!"*

Berei Brandenstein is a feisty red headed 75-year-old woman. She found out about Teresa Tapp through her massage therapist. When she started the T-Tapp program, she was 73 years old, 5'1 ½" and weighed 158 lbs. She also had a dowager's hump and severe osteoporosis. She was on blood pressure, cholesterol and osteoporosis medications. *"I have lost a total of 52 inches and 25 pounds," Berei states gleefully. "I am also standing much straighter and have gained another inch in height, gained 20% bone density in my right shoulder and 7% bone density in my lower lumbar area. I am happy to say that I am off ALL medications. In fact, my doctor was so impressed with my well being he said he had better start T-Tapping. If I can do it at my age, anyone can"*.

Who is Teresa Tapp? Teresa is an internationally recognized Fitness Guru who spent 18 years in the modeling industry perfecting her exercise program. Dealing with all different shapes, sizes, ethnicity and figure problems has given Teresa a unique perspective on what works fitness wise. Her reputation for getting models into and back into shape after pregnancies was so amazing that she was kept an industry secret.

Teresa says that, *"being able to experiment with models from all over the world has helped me to refine my program so that it will work for everyone regardless of age and fitness level. I just got tired of all the travel and wanted to stop my world and be able to help real women and men get their bodies under control"*.

How did the T-Tapp workout become a reality? Teresa lost her mother to cancer when she was just 5 years old and that started the interesting life path that Tapp has been on ever since. Starting out as a pre med student studying various effects of exercise on cancer patients, she soon decided to concentrate solely on the exercise aspect because of the improvement in the



quality of life these patients attained from even minimal movement. Amazing even her professors with her grasp of different exercise philosophies, Tapp credits God for giving her the ability and insight to create an effective workout program that not only allows people to drop inches and clothing sizes quickly and permanently, but also relieves many types of chronic pain and stress. *“My professors would ask me where I would get some of my ideas on exercise and I would laugh because they didn’t believe that God had just given me the information to pass on,”* Teresa says modestly.

A severe back injury in the mid-lumbar region that happened when Teresa was in High School as well as on-going Scoliosis, enabled her to use herself as a guinea pig to find exercise movements that would reduce chronic pain. After being recruited into the modeling industry she found that the same movements that reduced *her* pain helped the models get rid of the almost constant back pain they had from the contortionist like poses that photographers would force them to hold for long periods of time.

So, does the program actually deliver results? A quick perusal of her website, <http://www.t-tapp.com>, would indicate that it does and certainly, people in the fitness industry are talking about Teresa and her foresight in creating such a dynamic program that strengthens the core in order to stimulate the metabolism as well as working the lymphatic system to eliminate toxins from the body. An article in April’s *Time Magazine* calls “core strength” the new fitness buzzword but anyone who has been T-Tapping can attest to the fact that Teresa has been using that term for years!

“Teresa definitely is a God Send” says Terri DeVillez, 42, of Ohio. *“She is the most knowledgeable, sincere, helpful, caring Lady I know. God gave her a Great Gift and she is spreading it as far as she can through T-Tapp. I have lost over 72 inches and 5 ½ pants sizes with this program so I KNOW that it works. As out of shape as I was, if I can do it, everyone can.”*

“I’m sure that there are people out there who won’t or can’t believe that fast inch loss is possible” Teresa states *“but the results really do speak for themselves. YES YOU CAN with T-Tapp!”*

According to the legions of T-Tappers across the world, T-Tapp is the most comprehensive at-home fitness program on the market today and judging by Teresa Tapp’s determination to keep things cutting-edge, it will continue to be. In keeping with Tapp’s commitment to make fitness from the inside out a reality for everyone, Sit Down T-Tapp has just been released and T-Tapp with Sign Language and Close Captioning is in the final editing phases.

Teresa will be in Louisville, Kentucky on Wednesday, July 16, 2003 at St. Matthews Woman's Club, 4124 Shelbyville Road, to present a FREE “Yes You Can With T-Tapp” Seminar Although the seminar is FREE, you must register by calling 877 TAPP FIT or by logging on to <http://www.t-tapp.com>