



T-Tapp to Change Your Life

By

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Teresa Tapp is pulling my elbows. “Elbows OUT” she says, pulling on mine for emphasis. With my elbows now in proper alignment, muscles I didn’t even know existed immediately squeal in protest.

On this sleeting January evening, approximately 200 people have braved the iffy elements to hear Teresa Tapp speak about T-Tapp, her amazing workout. It has been a compelling, eye-opening two hours. I am slated to interview her the next morning, worried she’ll immediately note my less-than-stellar thighs. Her publicist, Kitty, has assured me this will not happen. “But do wear comfortable clothing,” she advises me helpfully.

Meeting Teresa Tapp after the seminar immediately dispels any angst over my physique. “If I’d known you were going to interview me tomorrow,” she joked, “I wouldn’t have picked on you.” After we determine where to meet in the morning, I race home, as fast as the weather allows, anxious to explore Teresa’s website (www.t-tapp.com) to learn more about the creator of this revolutionary fitness program.

Her website abounds with stories of people losing a whole clothing size and many inches in just one month. So why isn’t Teresa’s T-Tapp program found in the blaze of late night television fitness/ weight-loss infomercials? She had the opportunity to bring T-Tapp to the world via her own infomercial and reap a six-figure profit, yet declined to do so. She prefers to educate others to the many benefits of T-Tapp through seminars, her website, and good old word-of-mouth promotion.

It’s an unusual philosophy in a world seemingly consumed with immediate gratification. But Teresa Tapp does not want to get rich quick. She would rather help someone get healthy. Her website, a hefty 1500 informative pages, receives over 3 million hits each month. It is unique in that it features a “try before you buy” section, allowing visitors to download and preview several of her copyrighted fitness moves before purchasing her videos.

Her passion for wellness began as child, as she watched her mother, Corenna, combat cancer with courage and humor. “My mother was always optimistic,” Teresa recalls, “she would say to me ‘I may have lost all my hair, but now I get to wear a blond wig!’ “ Yet her mother’s battle with cancer did not end in victory. Corenna died at the age of twenty-nine, when Teresa was just five years old. The early perspectives and lessons learned from her



mother fueled her dream to become a doctor and work toward finding a cure for cancer.

Teresa was 19 and in college, working with cancer patients following their chemotherapy and earning extra money as a part time catalog model, when a lump appeared in her armpit. She was immediately advised, given her family history, to have it removed. She refused, because she noticed that the lump drastically reduced in size when she performed the same rehabilitative movements as her cancer patients. She switched her educational focus to exercise physiology and rehabilitation, and traveled to Europe to continue her research. She wound up staying for 18 years.

The world of fashion in the eighties was the unlikely atmosphere where the seeds of what came to be called T-Tapp were sown. Because of her stateside modeling experience, Teresa was able to crack the doors of the notoriously difficult-to-enter fashion industry. She also possessed a remarkable talent. Because of her physiology education, she could visualize how a model's body would develop as it aged, a skill invaluable in a business where aspiring models are recruited as young as 12 years old.

But models do not always look fabulous in couture clothing. They travel frequently, eat little or poorly on the run, and spend much of their "glamorous" lives in hotel rooms. A few extra pounds on their bodies and those pricey clothes don't fit. If the clothes don't fit, the model doesn't work. And a model that doesn't work quickly becomes persona non grata in the world of fashion.

Once again, Teresa utilized her extensive skills, teaching the models she supervised her series of moves she had been using to keep herself in shape. Her exercises could be done easily within the confines of a hotel room, standing up, in less than 15 minutes, without any fitness equipment. To this day, Teresa can name top models who continue to T-Tapp. Chanel's Karl Lagerfeld and his bevy of runway models perform Teresa's signature "hoedowns" prior to a fashion show.

It was a heady, exhilarating time, yet Teresa knew it was not her life's calling. She had been on the fence about switching her focus from models to working with what she calls "real women." In the early nineties, she was savagely mugged while traveling in Houston with the model Shakara. She retired shortly thereafter from the fashion industry, returning to the states and settling in Florida. She spent the next several years copyrighting her signature moves, filming her first fitness videos, and building her business.

Certainly she had a ready-made market. Americans spend billions each year on exercise videos, fitness equipment, and dietary supplements. Yet we are a fat nation. A whopping sixty-one percent of all Americans are significantly overweight. Diabetes is at an epidemic level, and is diagnosed at an alarming rate in younger and younger children. Heart disease. High blood pressure.



For all of the money being spent, no one seems to be getting into and staying in shape, let alone becoming healthy.

But “T-Tappers”, as devotees of Teresa’s program call themselves, consistently lose inches and weight, reaping significant health benefits as well. How is it possible? Because T-Tapp utilizes compound muscle movement done in a specific sequence. It involves isometric isolation, linear alignment, and neuro-kinetic flow. Muscles are worked and consequently developed layer by layer from the inside out. T-Tapp develops muscle density, not muscle mass. It rebuilds crucial, primary body functions...lymphatic system, endocrine system, metabolic rate, and more. In addition, the movements are rehabilitative, especially for the knees and lower back.

Like the programs Teresa developed for models, T-Tapp can be done standing in an area with enough room to extend arms and legs, in as little as 15 minutes, and with no specific equipment, other than supportive shoes and comfortable clothing. Her “Boot Camp” is not a tortuous 90 days. In fact, the stronger one becomes utilizing the T-Tapp videos, the less the workout needs to be done. Many T-Tappers maintain their fitness and health by doing the exercises only twice a week.

Last year, Teresa was contacted by Nikken to develop a fitness routine utilizing their CardioStrides, an ergonomically designed weighted shoe that provides fitness and rehabilitative benefits. CardioStrides maximize any type of workout, and they significantly assist in keeping the body in the proper alignment necessary to reap the greatest benefit of Teresa’s unique program.

At the conclusion of our interview, Teresa graciously gave me a set of her videos. After only five days of the T-Tapp workout, I gave in to skepticism and measured myself. I had lost 5 inches in 5 days! Teresa Tapp promotes T-Tapp as “The Workout That Works.” She is a woman of her word. It *does* work. I plan to be T-Tapping for life.

Teresa Tapp will be a special guest at the CCBC Women’s Expo on Saturday and Sunday, March 8-9, 2003. She will be conducting seminars both days on getting rid of pain, lowering blood sugar levels, and spot reducing with T-Tapp. Copies of her exercise videos will also be available. For information on purchasing tickets to the CCBC Women’s Expo, call 410 455-4500.