



Teresa Tapp is a muscle activation specialist who is passionate about teaching students and adults across the nation what it means to be a steward of the body that God has given each of them. Teresa is an educator at heart. Her motivation is seeing the light bulbs go off — especially when teens get in touch with the knowledge that God designed the best machine for building and rebuilding health and maintaining fitness when He created the human body.

The Christian fitness guru, who is the best selling author of *Fit and Fabulous in 15 Minutes* knows it is important for us to be good stewards of not only our spiritual health, but our physical health as well. "God designed us so that when there is an upset in the balance, it effects our overall well-being. If we don't get enough exercise, aren't eating properly or are dealing with sickness it becomes difficult to pursue God's best for our lives."

This is especially true when it comes to exercise. "Movement matters — not just exercise but mindful movement. If you understand that you need mindful movement throughout the day to kick-start the metabolic systems in your body, you will look and feel better your entire life," says the fitness professional. Teresa started out in the fashion industry as a new face developer and trainer for the supermodels in the 1980s. Her primary purpose was to help these young women

look their best even when working the extra long hours required in the industry. (It's not uncommon to have to hold very unrealistic poses over and over again for 12-hour days, four days or more in a row.)

Being involved in helping guys and girls with all different body types enabled Teresa to tweak and refine her own exercise program. The T-Tapp workout is designed to work regardless of body type, age and fitness level. The exercises Teresa designed achieve great results because they don't involve traditional exercises that focus on how many calories are burned in a specific amount of time or how much aerobic fat burning is taking place.

"T-Tapp is all about maximizing muscle mechanics to one's personal best while doing comprehensive, compound muscle movement (a.k.a. multiple muscles fully activated from origin to insertion during large muscle movement in combination with leverage isometrics) in a specific sequence so muscles get worked layer-by-layer, to develop balanced strength and flexibility," says Teresa. "It's exciting for me to show everybody an exercise program that has the same point of entry for everyone which will continue to challenge as long as one works to his or her best ability."

Unfortunately, Americans — especially American teenagers — are obsessed with the scale and think that what they weigh is a direct reflection of their health and fitness levels. It isn't, and in fact, it is dangerous to their health to focus on dieting rather than movement. The goal is to be fit whatever size you are and to remember that muscle weighs more than fat.

Teresa admits that the tabloid pages create an unrealistic view of the "ultimate body." "The true makeup of the 'ultimate body' is one that is strong, flexible and has a healthy heart," Teresa reveals. In answer to educators across the country, Teresa created TappCore. These are minute moves that can be fit in throughout the day — before your lunch break, when you get up in the morning, while your waiting for your ride from school — for balance, flexibility and heart health.

Many school systems and homeschoolers across the country are incorporating TappCore moves — especially Hoe Downs — into their day to help improve mental clarity and sluggishness throughout the day. "If you aren't getting exercise that you need, naturally it's going to be hard to be as sharp for your math test," says Teresa.

"When I used to teach high school, I often told my students, 'It's not WHAT you do, but HOW you do it!'" Teresa says. "That's a lesson to remember for life, whatever your age."

Shelly Ballestero is a licensed esthetician, make-up artist, beauty contributor to CBN.com, and author. Shelly studied under Emmy Award winner Eve Pearl, head makeup artist for ABC's "The View." Look for her book *Beauty by God*, releasing in January 2009. For advice and tips email her at shelly@shellyballestero.com. Also check out her new column (as well as the step-by-step of T-Tapp's Hoe Down exercise), by following the "health and fitness" link at oncourse.ag.org.

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T-TAPP

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