

## Candy's Story

I have always struggled with my weight and have tried dozens of different weight-loss programs, but I always end up hungry, tired, fatter and feeling like a failure.



CANDY SPIEGEL

When I heard about T-Tapp More, a program specifically designed for "people of size," I agreed to look into it, but I wasn't expecting much. I read the testimonials and watched the videos with skepticism, figuring nothing could be that easy. Even after I realized it was harder than it looked, I didn't think it would work.

But, since I had nothing to lose — except weight — I gave it a try. I measured my neck, bust, waist, abdomen and hips along with the upper arm, upper thigh, lower thigh and calf on the right side of my body. I did the 20-minute workout for four days and then switched to every other day.

Although I started the workout without reading all of the instructions and therefore didn't follow the recommendations, I managed to lose 6 inches that first week.

So far, I have lost two sizes, 14 pounds and 18 inches — without giving up Pepsi or chocolate. While that may not seem like much, it is the fastest any program has ever worked for me and it has kept me motivated to continue.

Before T-Tapp, I worried I would soon become bedridden. Now I find myself full of energy, stronger, more flexible, with fewer aches and pains, happier and wearing clothes I haven't worn in years.

I still think a 20-minute workout every other day is too good to be true, but amazingly, it is working. So, as long as no one wakes me from this dream, I'll be T-Tapping for life.

Candy Spiegel, special sections coordinator, can be reached at (517) 552-2849 or at [cspiegel@gannett.com](mailto:cspiegel@gannett.com)

# LESS IS MORE

## T-Tapp's revolutionary approach

By Candy Spiegel  
DAILY PRESS & ARGUS

**T**eresa Tapp, exercise physiologist, educator and rehabilitative fitness expert, believes in working smarter, not harder.

Tapp understands how difficult it is to fit a traditional gym workout into each day. However, she also knows how vital exercise is.

"The body is an amazing machine," she says, referring to the way it heals and repairs itself when given the proper tools. "We have a responsibility to help the body help itself."

The Florida resident, once responsible for keeping supermodels in top shape, designed T-Tapp to provide the maximum amount of benefits with the least amount of time, space and equipment. The no-impact, high-aerobic workout works on both a biochemical and physiological level.

"T-Tapp has been compared to the tai chi of the western world," Tapp said.

And more and more people are experiencing its benefits. Tapp's educational Web site, where people can try some T-Tapp exercises and discuss it with others in a free forum, receives 90,000 hits a day.

**IS IT POSSIBLE TO LOSE WEIGHT AND GET AS FIT AS 15 MINUTES A DAY, IN 3 FEET OF SPACE, WITH NO WEIGHTS, EXERCISE EQUIPMENT?**

T-Tapp, which Tapp calls "a clinic in a box," is a series of comprehensive, compound muscle movements done in a specific copyrighted sequence involving isometric isolations with linear alignment and neuro-kinetic flow. Working from the inside out, T-Tapp claims to rebuild the cardiovascular, circulatory, lymphatic, endocrine, immune and elimination systems. Tapp said her program also raises the metabolic rate, improves the glucose utilization rate and stimulates cognitive processing.

"Basically your entire system gets tuned up like a finely adjusted machine," Tapp said.

While the workout is complete on its own, the techniques can also be used to enhance the effectiveness of any workout or walking program to help maximize results.

### How does it work?

This revolutionary fitness plan is based on one simple principal — keeping the spine aligned.

When the body is not in proper

alignment, neuro-kinetic flow (the message from the brain to the muscle) is reduced. This decline, which Tapp compares to a kink in a hose, contributes to muscle atrophy and imbalance, decreased metabolic processing and increased fat storage. Once that flow is restored through proper spinal alignment, the body will have improved circulation and lymphatic function, just like an unknicked hose has full water-pressure.

"In my opinion, spinal alignment is the secret to success for a better body, as well as faster results," Tapp said.

Tapp's other secret to quick inch loss and rapid reshaping is the way T-Tapp works the muscles. Each T-Tapp exercise uses between five and seven muscle groups. The muscles are developed layer-by-layer from the inside



## New book to be released April 11

Teresa Tapp is bringing T-Tapp to the bookstore.

"Fit and Fabulous in 15 Minutes," by Teresa Tapp with Barbara Smalley (Ballantine Books, \$26.95) will be released on April 11.

The book explains the revolutionary new fitness program that has been featured on PBS and in "Women's World," "Fit" and "Prevention" magazines.

Learn how to work smarter, not harder, lose weight and get fit in as little as 15-minutes a day. The book includes Tapp's signature 15-minute workout, along with the 45-minute Total Workout.

It contains detailed, step-by-step instructions with photo-



graphs, before and after pictures, testimonials and Tapp's, "yes, you can," motivation.

# MORE

## More is changing exercise forever

### FIT IN AS LITTLE WITHOUT DIETING, JUMPING?

out. Where traditional exercise creates muscle bulk, T-Tapp creates long, lean, strong, flexible and dense muscles. These muscles act like a girdle, which makes inch loss appear quickly.

In fact, Tapp said most T-Tappers lose an inch off the waist, tummy or hips within the first week. On average, she said, T-Tappers lose a full clothing size per month — without dieting.



"Increased energy, mental clarity and overall health immediately improve as your body tightens and tones," Tapp said.

#### Is it challenging?

This physical-therapy approach to fitness makes T-Tapp safe for almost everyone. However, since T-Tappers go to their own personal max, it provides a challenging workout for all fitness levels.

Because of T-Tapp's unique use of muscles, there is never a need to increase repetitions or add weight. T-Tapp never does more than eight repetitions. And, the stronger a person gets, the less they need to do the workout to maintain results, Tapp said.

"The movements look so simple, but they provide a workout like no other," Tapp said.

#### Reduce Pain & Increase Wellness

In addition to getting fit, toning and losing weight, many use T-Tapp as a wellness or pain management workout.

Many with hip, knee, back, shoulder and neck injuries find T-Tapp helps to reduce pain and may help to rehabilitate an injury. Some movements were created by Tapp to ease her own back pain caused by a spinal injury when she was in high school.

Tapp said the workout is also beneficial for persons with

### Try these T-Tapp techniques

Teresa Tapp, fitness expert, believes spinal alignment is the secret to success.

T-Tapp linear alignment is simple — keep the shoulders back and aligned with the hips and keep the toes forward without weight on the big toe ball joint.

Keeping the body aligned while walking boosts cardiac function and can help fallen arches, plantar fasciitis and bunions.

To feel the T-Tapp difference,

try this simple exercise:

Stand in linear alignment.

Extend the arms and hands with the palms forward and the thumbs back. Roll the shoulders back four times. (The crunching sound is the body naturally adjusting itself because of the balanced, full-fiber muscle activation.)

Hold the position for a few minutes and feel the tingling sensation going through the hands.

This is what T-Tapp is all about.

arthritis, fibromyalgia, lupus, chronic fatigue syndrome, type 2 diabetes and multiple sclerosis.

"T-Tapp could be called the wellness workout that works both inside and out," Tapp said.

#### For People of Size

Tapp, who understands the difficulties people of size face, created T-Tapp More specifically for them.

"When someone is severely obese, they can't always do the traditional exercises — some of which are extremely hard on their knees, which are already under more pressure because of the added weight," Tapp said.

"I have worked with many people in these situations who feel utterly hopeless and alone simply because they don't know where to start. They face different challenges than people who have less than 50 pounds to lose."

In addition to a 20-minute workout, T-Tapp More also includes tips on walking, standing and climbing stairs. "Most overweight people do not use full movement of their muscles," Tapp said.

By following these tips, people of size can lose weight and relieve many of "the aches and pains that overweight people often experience," she said.

T-Tapp More also includes a sit-down version that many cardiac patients and those in wheelchairs find helpful.

"It's not about size itself," Tapp said. "The workout empowers you to be the best you can be."

### T-TAPP FOR FREE

■ Visit [www.t-tapp.com](http://www.t-tapp.com) to try T-Tapp exercises.

■ T-Tapp is also giving away two videos to Livingston Health & More readers. Enter at [www.t-tapp.com/michigan](http://www.t-tapp.com/michigan)

#### Why haven't you heard of T-Tapp?

When Tapp decided to take her program to the general public, she had one major goal — "to make a difference in the fitness world."

She does this through research and scientific studies and by educating people. But, she feared if she went commercial, with infomercials and celebrity endorsements, the program would lose some of its validity.

Instead, she has let T-Tapp speak for itself. The momentum is taking off and T-Tapp is now integrated into several public schools, offered as a college course, and is recommended by many doctors.

Tapp said it would be hard to continue "teaching outside of the box" if it wasn't for the letters she continuously receives thanking her for making such a difference in people's lives.

Tapp, always modest, said she is only using the gifts God gave her.

"All I am is an educator who knows what it's like to have aches and pains when I crawl out of bed."

### Cynthia's Story

I never had to work at fitness the first half of my life.

Then two pregnancies, back trauma, childrearing and two illnesses reshaped my



CYNTHIA GROCHOWSKI

body and mind-set about physical fitness. Add being a wife and a reporter and there wasn't any time or inclination to workout or even take a walk. OK, toss age in there also.

Sedentary death syndrome was creeping up on me. Outside of running laps around my car at red lights while traveling on the job or chauffeuring children I didn't know where to fit in exercise.

The T-Tapp 15-minute workout would have been ignored by me if it had not been an assignment. The testimonials didn't impress me, but the pain erasure, insulin control and lymphatic system cleansing caught my attention.

After one week, 1 inch left and I wasn't tired. I finished alert, not sweaty, and surprisingly ready to move more. Online support (available to all T-Tappers) filled my e-mail box with advice whenever I posted a question or lament.

Phone support (available to anyone who buys the book or video) was wonderful and I never felt foolish.

Paying attention to form and using the remote's pause button to work at my own pace helped me enjoy the workout.

At three weeks my legs were stronger when sitting or rising.

At six weeks, my jeans felt better, however no further inch loss was noticed.

I am more alert with the morning workout and arrive at work not so sluggish. Even though the assignment is over, I am beginning the 45-minute Total Workout for my long torso body type, focusing on my hips and thighs.

Cynthia Grochowski, special sections reporter, can be reached at (517) 548-7150 or at [cgrochowski@gannett.com](mailto:cgrochowski@gannett.com).

CYNTHIA TESTED THE 15-MINUTE WORKOUT