



## Fit for Life

# T-Tapp Part Two: Revolutionary Workout

My last article introduced T-Tapp to the people of Morgan Hill. As I said, T-Tapp is a cutting edge at home fitness program that has been dubbed "The Workout That Works" because it produces amazing inch loss FAST!

The response I received from that article was tremendous. It's obvious that my readers are interested in T-Tapp and we are now beginning to "tap" into a new realm of fitness (pun intended).

Let's begin by looking at some of the T-Tapp success stories.

Berei Brandenstein is a 70-something woman who found T-Tapp through her massage therapist. When she started the program, she was 5-foot-1 and weighed 158 pounds. She had a dowager's hump and severe osteoporosis. In addition, she was on blood pressure, cholesterol, and osteoporosis medications.

Today, Berei has lost 50 inches, has gained one inch in height and

is off all her medications.

Denise Hentze, a 50+ from Florida, also achieved incredible results with the T-Tapp program. She lost 70 pounds off her 4-foot-11 frame and went from a size 24 to a size 12 in less than a year. All without dieting.

I can hear what you are saying, "But what if I'm already in good shape. After all, I workout five times a week."

There's more.

Laura Brown, a woman in her mid-40s was already fairly fit when she started doing T-Tapp. She had been lifting weights for fifteen years and did regular cardiovascular workouts. Yet, in four

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months she lost two clothing sizes and she was able to "debulk" her body. All with the total workout that takes forty minutes.

As she says, "I feel like my torso has been elongated - I've got the flattest stomach I've ever had in my life, even as a kid."

Preliminary informal clinical testing showed that fat-burning was achieved within an average of seven to ten minutes of starting a T-Tapp workout. Traditional cardiovascular exercise requires that you do the exercise for a minimum of twenty minutes to reach the fat-burning level.

In addition, even those people who are considered to be "very fit" reached 75 percent of their target heart rate while doing the T-Tapp Total Workout at the Beginner/Rehab level. It's about working "smarter, not harder."

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can help improve primary bodily functions. Besides burning calories and fat, the workout program can enhance the body's ability to use sugar (glucose), not only while exercising, but at rest as well. It is not uncommon to experience improvements in digestion immediately.

T-Tapp also can help brain function. I told you that it is a left/right brain workout and that it creates a mind/body connection. Many people reported increased mental clarity right away.

This is important at whatever stage of life you are in. However, studies have proven that keeping your brain sharp later in life (doing

things such as crossword puzzles or other brain teasers) helps offset diseases such as Alzheimer's or dementia. T-Tapp can have the same effect, since it not only challenges your body, but it challenges your mind as well.

Another "side effect" of T-Tapp can be summed up in one word - ENERGY. Speaking from personal experience, and having always been an energetic individual, T-Tapp has given me more true energy than I know what to do with. I am also sleeping much better, and waking up more rested than I have in years.

How many of us in Silicon Valley can say that?

As for my own success story, I'm still a work in progress. Already in shape when I began my T-Tapp journey, I lost eight inches in one month, in addition to the increased vitality I mentioned

above. Furthermore, as one of the one percent of women that have the capacity to "bulk-up," T-Tapp has been instrumental in "debulking" me.

T-Tapp is a means to an end - an end that is constantly evolving into a new end. Just as I get close my goal, the goal changes.

A further benefit for women is that T-Tapp can help us with those pesky hormonal ups and downs. Whether it is monthly or menopausal T-Tapp can help lessen puffiness, cramping, hot flashes, emotional swings, and weight gain.

Let me reiterate the challenge I posed in my last article. Go to: [www.t-tapp.com/california](http://www.t-tapp.com/california) and enter our contest to win one of three prizes: a T-Tapp Total Workout and a Personal Training session with me, a T-Tapp 15 Minute Workout, or a T-Tapp MORE Workout (for those with MORE to lose).

While you are there, check out the rest of the website and read some of the other success stories. Who knows? You could be one of them. The deadline for all entries is Tuesday, February 28, 2006. Do the workout for six weeks.

All winners will have their measurements taken at the beginning and again after six weeks, and YOU WILL SEE RESULTS.

I've warned you before, and I will warn you again; T-Tapp is addictive. You will not only look good, you will feel good!

If you have any questions, or would like more information, please contact me at (408) 981-1566 or email me at [homerun.personaltraining@verizon.net](mailto:homerun.personaltraining@verizon.net).

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