

# Successful Inch Loss – Fast!

By Teresa Tapp

T-Tapp's new approach to fitness is getting women into the best shape of their lives, without weights or body-jarring aerobics.

Teresa Tapp's new T-Tapp System for Super Fat Burning and Inch Loss was introduced 5 months ago in the Women's Fitness magazine and amazing results have been pouring in from women of all ages. What makes the T-Tapp Workout so unique is that no equipment is necessary, no jumping is involved, and results come fast.

Formally educated as an exercise physiologist with extended studies in bio-chemistry, Teresa spent 18 years training thousands of models around the world in an industry that demands body perfection. She understands the female body as a machine – both Physically and Biochemically. Knowledge is the key to success. "Once a woman understands how her "machine" works, it's much easier to attain success," says Teresa. "I like to educate my clients so that they understand the how and why of every movement; I like to keep it simple, so that it makes common sense."

Since retiring from the modeling world, Teresa has concentrated her educational training with pre-menopausal women helping them achieve the same results as her models: increase energy, balance hormonal high/low's, and get fit – quick. Hundreds of menopausal women have regained body control – just take a look at two of her most recent success stories.

## THE SECRET FOR A FLAT STOMACH IS NOT SIT-UPS! PUT YOUR ORGANS IN PLACE!

At 48, Connie finally got her lifetime wish, a flat stomach. She



had always struggled with keeping her tummy flat, but entering menopause really thickened her mid-section, especially when she went on hormonal replacement therapy. She felt like she had lost control



What complicated Connie's situation further was that she had a prolapsed uterus and her doctor wanted to perform surgery. For 8 months she went to her local gym 4 to 6 hours daily combining weight training, lunge classes, and aerobics trying to prevent surgery and lose weight.

Connie started to lose some weight but she felt like her stomach was not budging even with 100 sit-ups a day! She felt consumed with working out at the gym with little time for anything else. Even her daughter, son and husband began to complain. But then she discovered the T-Tapp Workout and discovered the solution was understanding the mechanics of her body. Teresa explained in her video's that those with short torsos do not have much room for their external organs, therefore as one ages the internal organs drop south and expand outward due to weak internal muscles. Muscles act as girdles – to hold organs in. And to achieve maximum results for a flat stomach, the organs need to be put in place prior to muscle movement.

As Connie was doing her 100 sit-ups a day, she was creating a hard, round tummy but as soon as she started putting her organs in place and doing Instructional Video 1 of the T-Tapp Workout her abdomen reduced 1 1/2 inches in just 1 week!

She did both video's every day for 2 weeks, then every other day for another week, then returned to her physician only to discover that she no longer needed surgery! Furthermore, her hormonal mood swings had balanced out and she no longer had dramatic food cravings. Now look at her 5 1/2 months later. She went from a size 16 to a size 8 and lost a total of 20 1/2 inches. She understands her body as a machine, enjoys eating whatever she wants and

of her body. Even the books she read concerning menopause informed her that it was only natural to gain weight and to just accept the aging process.

can wear whatever she wants. She even got rid of her cellulite and attained tight skin with Teresa's CRT® System.

**AT 47, MELISSA LOST HER "PEAR" AND BECAME AN "HOURLASS" IN 90 DAYS.**

**Melissa Before**



Melissa went from a pant size 16 to size 6 in 90 days not once, but twice. She met Teresa Tapp 3 years ago and could not believe it when Teresa told her that they both had the same type of body - a

long torso with short legs. The type that often becomes a "pear" when out of shape. Within 7 days of training with Teresa at one of her fitness retreats, Melissa lost 1" in her waist, 1/2" from her tummy, 5/8" in her hips and an inch off each thigh. She felt muscles she never knew she had - all without weights or body-jarring aerobics. Within 3 months she lost five clothing sizes and



**Melissa After**



became a perfect size 6. Then disaster struck - her marriage of 20 years dissolved, her lifetime girlfriend was murdered, her mother had emergency bypass surgery followed by a massive stroke, and she had the arduous task of raising two teenage girls while working full-time. Unfortunately, "stress eating" and not working out took its toll on Melissa's body. Within a year, the pear had returned. Melissa was a size 16 waist down and a size 8 waist up.

Once she obtained some balance emotionally, Melissa took a polaroid for reality and began the T-Tapp Workout for Super Fat Burning and Inch Loss. She did the full workout every day for 2 weeks, every other day for 3 weeks, and continued 3 times a week with 20 minute walks on her off days. She never went longer than 4 days without doing the T-Tapp Workout and always did the first stretch as shown on Video 1 to open her metabolic rate with proper body alignment (a 5 minute stretch). If she took 4 days off, she would do 3 days in a row. She also followed Teresa's CRT® System to make sure her skin tightened as she lost the inches.

Now Look At Her! The skirt is a size 4, the sweater is a small with no shoulder pads, and the dress is a junior size 5. The hands are behind her back because she has nothing to hide! She contacted Teresa Tapp to be a reader/model because she wanted other women to realize that we all have ups and downs in life, but once you are mentally ready, the T-Tapp Workout will get your body under control - fast. From a size 16 to a size 4 seems unbelievable but pictures don't lie. And Melissa wants you to know that if she can do it, not once but twice, you can too.

**THE T-TAPP SYSTEM**

Part of what makes Teresa's system work is that it is engineered for women of all ages, body types and fitness levels. It is very rehabilitative for those with bad backs and knees. The movements look so simple but when doing them you feel how comprehensive they are.

Her movement sequences are designed to fatigue muscle groups layer by layer. They give maximum results with minimal time. It took Teresa 7 years to develop, perfect, and copyright the T-Tapp System. It is difficult to describe but it incorporates dance theory, tai chi, yoga, pilate's, isometrics, along with more traditional theories of Western strength training. You will feel the difference within one workout.

Inch loss varies per individual but inch loss such as Connie's and Melissa's is not uncommon and both are in their late 40's! Teresa, early 40's, has not done any other form of exercise for 20 years and she stays fit with long, cut muscles by doing the T-Tapp Workout twice a week. Anyone can do it, if they want to.

Teresa's next two Fitness Retreats, like Melissa attended, will be held at the prestigious Safety Harbor Resort and Spa of Tampa Bay on February 11-14 and on May 6-9. Two T-Tapp Workouts a day, two nutritional seminars, massages, and other spa treatments, will keep those new year resolutions once and for all. Customize your T-Tapp Workout and meet the reader/models (they come free). Space is limited to 20 women, so if interested call now at 1-800-342-0717. A New York fashion photographer will take "after" photos at the end of the retreat. Want to be a reader/model? Send your before/after photos and personal success story to: T•Tapp, 1450 10th Street South, Safety Harbor, FL 34695. Free Reward!! Teresa allows her reader/models free admission to all seminars and fitness retreats.

Teresa Tapp's T-Tapp System for Super Fat Burning and Inch Loss is a 3-cassette video program sold alone or in conjunction with her Cellulite Removal System. For more information on her products see the advertisement in this issue or call toll free at 1-877-TAP-CLUB (1-877-827-2026). Teresa will be a regular contributor to future issues of Women's Fitness magazine revealing T-Tapp principles, such as "Putting the Organs in Place" and the "Half Frog Sequence" (exercises shown on pages 50 and 51). Incorporating her principles into your existing workouts, including weight training and/or aerobics, will help you achieve faster results. Next issue: Swimsuit Ready Bums and Thighs - just 15 minutes a day.