



The T-Tapp Difference
T-Tapp is "The Wellness Workout that Works both inside and out!"
T-Tappers not only look good – they feel good!



Real Fitness from the Inside Out

- T-Tapp is more comprehensive and more complete in delivering fat loss, weight loss and inch loss as well as increasing one's overall health, fitness, and energy.
- T-Tapp is a physical therapy approach to fitness that delivers muscle density rather than bulk by working both attachments of the muscle rather than just one attachment and belly of the muscle.

Fat Burning Benefits:

- T-Tapp is a high aerobic workout that is effective for both the inactive as well as the very fit without any jumping or use of weights.
- With T-Tapp one never has to add weight or do more than one set of 8 repetitions - it continues to challenge the body even as the body advances in fitness level and strength.
- Preliminary clinical testing of the T-Tapp workout under direction of PhD exercise physiologists has revealed that fat burning was achieved within an average of 7-10 minutes of doing T-Tapp.

Internal Benefits:

- T-Tapp does more than burn calories and fat - it rebuilds primary body functions, such as neuro-kinetic flow, resting glucose utilization rate and cognitive processing.
- Many report immediate changes in better digestion, assimilation and elimination along with increased mental clarity and higher energy within the first week.

External Benefits:

- Inch loss comes quickly with T-Tapp because of the way muscles are worked.
- Muscle density development enables the muscles to cinch in, pull up and re-sculpt the body and causes inch loss to occur quickly - most lose an inch off the waist, tummy or hips within the first week.

Brain Benefits:

- T-Tapp is a left/right brain, mind/body workout designed to work the brain's cognitive processing both left and right equally, so T-Tapp works well for both young (learning disabilities) and old (lessen change of Alzheimer's disease).

Spinal Benefits:

- T-Tapp centers on the spine not only for core muscle development but also for better spinal alignment and bone density to lessen chance of injury that often occurs with age.
- T-Tapp's special balance movements rebuild internal core density quickly.

Lymphatic Benefits:

- T-Tapp puts a strong emphasis on lymphatic stimulation throughout the workout which not only helps the body maximize metabolic processing, it also helps improve immune system function.
- Those who have autoimmune diseases such as chronic fatigue or fibromyalgia report great benefits from the T-Tapp workout.
- Cancer patients undergoing chemotherapy or radiation reported fewer side effects such as edema and/or nausea doing the first 15 minutes of the T-Tapp workout.

Diabetic Benefits:

- T-Tapp helps the body lower blood sugar quickly and helps it maintain better control.
- T-Tapp's use of comprehensive, compound muscle movement combined with isometric contraction and lymphatic pumping burns glucose quickly and continues to do so post-exercise.
- Many Type 2 diabetes and Gestational diabetes patients have regained control and even reversed the disease within 3 - 6 months!

Hormonal Benefits:

- T-Tapp helps the body maintain hormonal balance.
- Whether monthly cycle or menopausal, T-Tapp has helped many, many females regain control.