

# What is T-Tapp?

The Wellness Workout That Works!



Teresa Tapp-Fitness Expert/ T-Tapp developer

T-Tapp is a series of copyrighted, sequential movements designed to put the body in proper functional alignment. Its special sequence of comprehensive, compound muscle movement helps establish better alignment as well as increased strength and flexibility of the spine, better neurokinetic flow, lymphatic function, and increased metabolic rate. Its physical therapy approach to fitness makes it safe for those with shoulder, hip, knee, neck, and back concerns. Yet, it delivers a challenging workout for all fitness levels!

T-Tapp's preventative wellness workouts deliver results inside and out. Instead of just focusing on burning calories and fat to lose weight, T-Tapp concentrates on helping the body rebuild digestion, assimilation, elimination, in addition to improving lymphatic function and neurokinetic flow. Increased energy, mental clarity and overall health immediately improve as your body tightens and tones. Faster inch loss occurs because muscles develop like girdles so they can uplift and cinch in target areas of concern. That's because T-Tapp develops long, lean muscle fibers with strength and flexibility for greater muscle density instead of muscle bulk. In fact, T-Tapp can redesign bulky muscles into lean, dense tissue!

Best of all, this type of muscle development helps support the spine and joints in a rehabilitative way. Many injuries occur due to muscle imbalance, but with T-Tapp muscles are always built with strength and flexibility. It just happens that this type of muscle development also increases metabolic processing for higher burning of calories and fat even when not working out! Last of all, T-Tapp is a left-right brain, mind-body workout. Most have heard the phrase "if you don't use it, you lose it" but with T-Tapp it's never too late to rebuild fitness and health.

*Come discover "Yes You Can" with T-Tapp and FEEL the difference.*

## ***More Than A Workout!***

### ***T-Tapp...***

- *Is done **without weights, equipment, or jumping!***
- *Is **very rehabilitative**, especially for the **lower back and knees**. The movements look so simple, but they provide a workout like no other.*
- *Works all layers of the muscle at both attachments to develop **muscle density instead of muscle bulk**.*
- *Is more than a mind/body workout! T-Tapp is a **left/right brain, mind/body workout**.*
- *Is where **less becomes MORE!** Instead of working long and hard, discover how **quality** of movement can be more important than quantity!*

For additional information check out [www.T-Tapp.com](http://www.T-Tapp.com)

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