



'Tapp' Your Way To A Better Body T-Tapp Workout Uses Body As Machine

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CLEVELAND -- How possible is it to get the body you want?

NewsChannel5's Alicia Booth reported that one exercise program can get you fit from the inside out.

You won't find free weights or exercise equipment in a T-Tapping class. The T-Tapp workout uses your body as the machine.

"I'm telling you -- (in) seven to 10 days, three minutes is all it takes -- you will lose an inch to an inch and a half off the lower tummy," said Teresa Tapp, creator of the T-Tapp workout.

But that's not the only result Tapp promises.

"All of your muscles will be built like girdles, so you can see inch loss every week," she said. "At least an inch off the waist or the hips in the first week -- you cinch in and it pulls up and reverses that gravitational pull."

That's the key to T-Tapp success. You provide the resistance to tone up.

It's different from other workouts, because it focuses on multiple muscles at the same time -- every time -- no matter what your fitness level.

And unlike other workouts, T-Tapp works from the inside out.

Doctors and patients across the country have witnessed the results, which reduce complications in some medical conditions.

After only four weeks on the T-Tapp program, people who suffer from the painful immune disorder fibromyalgia saw a decrease in pain by nearly 70 percent, NewsChannel5 reported.

Doctors also said that fibroid tumors in breast tissue were broken down after doing the T-Tapp program.

But how can one exercise be so effective?

"The lymph system is involved in the immune system," Tapp said. "T-Tapp is so lymphatic -- that's why they see the lumps drop quicker. And there's just one side effect -- you're going to lose a clothing size a month."

Tapp said the best part is that moderation is important, but you don't have to give up your favorite foods if you're a dedicated T-Tapper.

Tapp will be featured in the January edition of *Prevention Magazine*, NewsChannel5 reported.