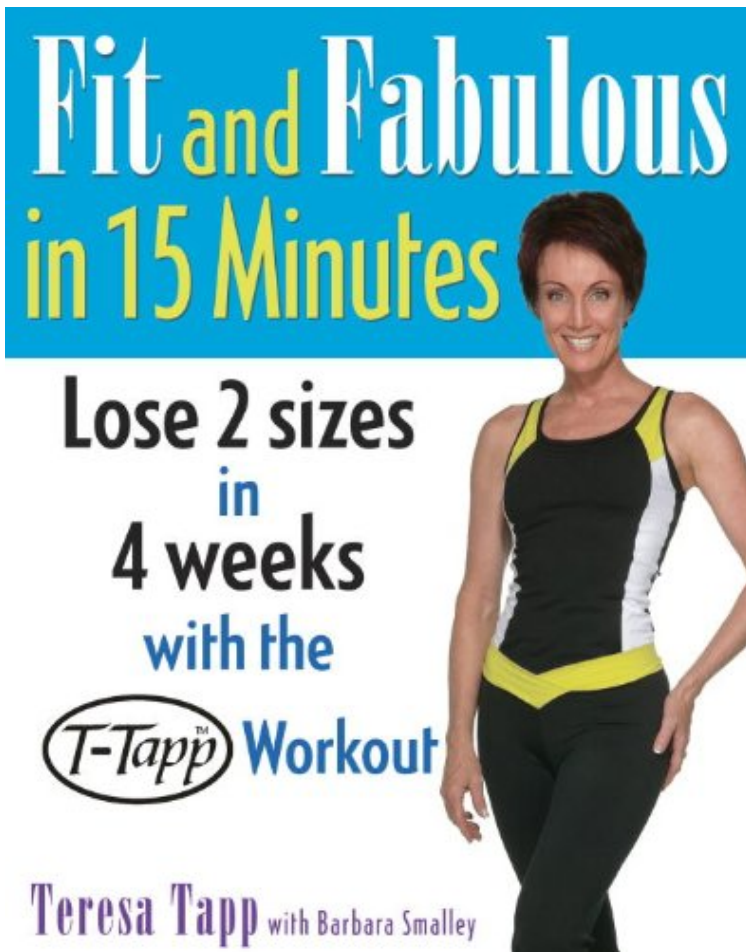


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Fit and Fabulous in 15 Minutes



*Par Teresa Tapp, Barbara Smalley
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Description :

Prsentation de l'diteurShe has sold over three million workout videos. Her nationwide seminars attract crowds of 1,500 plus. Her website receives more than 90,000 hits a day, mostly from T-Tappers who support one another through thick and thinliterally. Yet, despite this phenomenal success, chances are that you havent heard of Teresa Tapp, creator of the revolutionary T-Tapp fitness program. Thats about to change.T-Tapp is the most efficient and effective workout youll ever do. It requires no equipment, no weights, and no bands. There is no jumping to stress your joints. Everyone gets results regardless of fitness level and you never need to do more than eight repetitions of any movement. T-Tapp reshapes your body while it fires up your metabolism so that it burns fat faster. All you need is four square feet of space and just 15 to 45 minutes a day in order to see a dramatic loss of inches. Most T-Tappers see results within seven days. How does this happen? T-Tapps unique sequence of comprehensive, compound muscle movements work the muscles layer by layer, from the inside out, to cinch in, tighten, tone, and burn fat better. Fit and Fabulous in 15 Minutes is the complete introduction to this amazing program. It includes Teresa Tapps signature 15-minute workout, as well as an extended 45-minute workout for those who want a higher level of fitnessor faster results! No matter which you choose, you can lose a clothing sizein just two weeks flatten your belly

without doing a single crunch develop strength and improve bone density without lifting a single weight build sleek muscles and improve posture lower blood pressure and cholesterol the natural way Recent medical studies even show that T-Tapp improves blood-sugar levels in type 2 diabetics. Plus, the no-impact workout is safe for those with shoulder, hip, knee, neck, and back concerns it may even alleviate chronic pain. Additionally, T-Tapp is effective as a wellness workout for such conditions as arthritis, fibromyalgia, lupus, chronic fatigue syndrome, and multiple sclerosis. So with T-Tapp you build a better body inside and out. Completely illustrated with step-by-step photographs that show how to do the exercises, as well as incredible before-and-after photographs, many in full color, of real-life T-Tappers, *Fit and Fabulous in 15 Minutes* also includes inspiring testimonials and an easy-to-follow food plan that lets you eat the food you love without guilt or ever going hungry. If you want real results real fast tap into the power of T-Tapp! From the Hardcover edition.

Chapter 1 Hi, Im Teresa Tapp *Fit and fabulous in fifteen minutes?* I know what youre thinking. It sounds too good to be true and even a bit sensationalized, doesnt it? Well, get ready, because in this book, youre going to discover that yes you can! Welcome to T-Tapp, the wellness workout that works wonders for your body, mind, and spirit. I take a rehabilitative approach to fitness and spent nine years creating this workout plus over two decades perfecting it. As you learn the exercises in this book, youll immediately feel the difference between T-Tapp and other workouts youve tried, and youll experience head-to-toe results like never before. Youll also discover how less is more, since T-Tapps special form and techniques maximize muscle development, enabling your body to shed inches in record time. In fact, the stronger you get, the more you get out of T-Tapp and the less you have to do it to stay in shape! But first I thought you might want to know a little about me, how I created this workout, and why Im so excited to be sharing it with you. I am five feet seven inches tall, weigh about 130 pounds, and wear a size six. I havent gone to a gym, lifted a single weight, or done any other exercise program except T-Tapp for over twenty years. Even then, I dont work out every day and you wont have to, either. In fact, T-Tapp workouts are based on quality, not quantity, with movements designed to give maximum results in minimum time. Im a huge jazz and blues fan and love to dance. But there is no music in T-Tapp, and despite its name, tap dancing is not part of this workout. T-Tapp is aerobic, yet there is no jumping or running involved which means no stress on your joints. You wont lift a single weight, yet youll still reap all the benefits of strength training, such as stronger bones and prevention of osteoporosis. Thats because T-Tapps focus is on using your own body as the machine. Moreover, because T-Tapp is no-impact, you can perform these exercises for life no matter your age or physical condition. In fact, there are hundreds of T-Tappers who are well into their seventies, eighties, and nineties! I love red wine and firmly believe that life is too short to deny yourself good food. Most days I try to eat a balanced diet, but I cheat frequently. I can rarely drive by a Krispy Kreme doughnut shop when the red light is on, which means the doughnuts are hot and fresh yum! And my office staff must occasionally hide almond MMs from me. The good news is that T-Tapp helps to reset your metabolism to burn at a faster rate, so you can eat, cheat, and still lose inches! Im an outdoor person. I love riding my horse, Ivy, and playing with my beloved bichon, Buddy. Most weekends youll find me digging in the dirt, planting flowers, and cutting the grass with a push mower. But Im just as happy curled up on the couch reading anything about the human body. Hours become minutes when I discover new research and studies that reveal statistical patterns about how the human body works. In my opinion, the body is an amazing machine that can rebuild wellness and wellness is what I am most passionate about in life. This passion began, believe it or not, at the tender age of five and for tragic reasons. Thats when I lost my mother, Corenna, to brain cancer. She was twenty-nine at the time and had endured four operations and two years of grueling radiation and chemotherapy. Because of her illness, I spent much of my early childhood hanging out in hospitals. As I watched my mother suffer, I dreamed of becoming a doctor when I grew up so that I could find a cure for cancer. But there were silver linings to all this sadness. Experiencing the loss of a loved one at such an early age gave me an insight into wellness that was far beyond my years. And as my mothers condition deteriorated, I instinctively learned to value my own health and recognized the importance of listening to and taking care of my own body. My mother battled cancer with courage and humor, always seeing the glass as half full. When the side effects of chemotherapy forced her to wear a wig, for example, shed laugh and say, I may have lost all my hair, but now I get to be a blonde! Fortunately, I inherited her knack for finding the positive in every negative situation, and her legacy has served me well. For instance, in high school, a nasty fall from a balance beam in gym class chipped three vertebrae in the mid-lumbar region of my back. That injury, coupled with the scoliosis Id suffered from since childhood, often left me nearly paralyzed with pain. Yet instead of listening to my doctor, who recommended bed rest, I listened to that

inner voice in the back of my head that said I needed to move my body to find relief. After weeks of experimenting with all kinds of muscle movements, I was elated to discover exercises that would alleviate my back pain. I was equally thrilled to discover that I'd shrunk several inches in the process—a bonus! At eighteen, I enrolled at Waubesa Community College, where I received an associate's degree in science before transferring to Eastern Illinois University as a pre-med major. There, while pursuing a bachelor of science degree in exercise physiology (with an emphasis on public health and education), I did extensive volunteer work with cancer patients who were undergoing radiation and chemotherapy. When these women consistently complained of nausea and edema, I was able to further test the effectiveness of my exercises. I had a hunch that certain muscle movements would bring these women relief, and I was right. But the big discovery here was that sequence seemed to matter. In other words, performing my exercises in a specific order helped to diminish puffiness and nausea so dramatically that it appeared to be eliminating toxins from the body. I realized that I was definitely on to something when every single patient who was using my exercises in the right order reported significant relief and reduced swelling. This was extremely exciting for these women, because it meant their bodies would be better able to endure treatments to fight this horrible disease. Needless to say, they were also elated about tightening, toning, and losing a few inches along the way. While working with these patients, I found a suspicious lump about the size of a walnut under my right armpit. I was nineteen at the time, and given my family history, my peers and professors (many of whom were physicians) advised, Have it removed immediately, or you could be dead by age thirty. In those days, surgery was the answer to every bump and lump, for fear these would turn into cancer and metastasize. But I wasn't alarmed. I had noticed that if I didn't get enough sleep, ate too much sugar, or drank one too many glasses of wine, that lump would swell. But when I performed the same sequence of movements I was teaching the cancer patients I was working with, the lump drastically shrank. Oddly enough, this lump had become a barometer for my body, indicating my level of fitness and wellness. So I was worried that if doctors removed it, I would lose my radar and have trouble listening to my body. Of course, I advise everyone to have any lumps thoroughly checked by a health care professional, as I did. Fortunately, in my case, there was no need for surgery. In fact, that lump is still with me today and continues to fluctuate in size, depending on what I've been eating or drinking and how much or how little I've been working out. After I graduated from college, Eastern Illinois University offered me a graduate assistantship to study the specific changes that seem to occur in women's bodies every decade in terms of weight gain. I had always been curious about the freshman fifteen—you know, those extra pounds most students tend to pack on in their first year of college. I knew it wasn't just due to pizza and beer, because even coeds who didn't drink or eat a lot of fast food were experiencing weight gain, or what I call the notorious fat shift. My study wasn't limited to college students; it also included older pre- and postmenopausal women. This research empowered me to understand the connection between internal muscle development and how we metabolize calories at rest. I quickly realized the effectiveness of T-Tapp moves in helping the body maintain optimal metabolic processing regardless of age, and that made me even more passionate about my program. Another finding that blew me away: 100 percent of these women reported the results of better hormonal balance—far fewer cramps, bloating, hot flashes, and mood swings after trying my workout. I had every intention of completing my master's degree and applying to medical school, but tuition money was tight. About that time, the fashion industry made me an offer I couldn't refuse: the chance to work as a new-face developer and booker, preparing new models for the business. One of the side benefits—and, honestly, one of the main reasons I took this job—was being able to work in Germany, where they were years ahead of America in terms of holistic and rehabilitative approaches to health and wellness. During my tenure, I trained thousands of models—even some supermodels—and realized ...Revue de presse The word is out on T-Tapp! I lost seven sizes in six months with T-Tapp, and I never even for a fraction of a second believed that this would work for me! If I can do it, anyone can. Carol Severson, Illinois For years, I went to the gym six days a week, two hours a day, but with no success. Then I discovered T-Tapp. After only eight weeks, I had returned to my normal weight, shape, and energy level. Emily Richter, California After sixty days, I'd lost sixteen and a half inches overall, including five inches off my waist. Not only did I feel better, but friends were commenting that I actually looked taller—probably because my posture had improved. Robert Meham, Utah I lost a clothing size in the first two weeks! Over the next four months, I went from a middle-age 40-30-42 figure to a sexy 37-27-37 figure. Now it's easy to maintain a size 6 with just two workouts a week. Margie Weiss, Florida I started out wearing a size 14 and now I'm fitting comfortably into my size 10s. I can even button the 8s! Thank you for the workout that works! Bekki Johnson, Colorado I have type 2 diabetes, but since I started T-Tapping, I've

had perfectly normal blood sugar levels. Ive also lost twenty-five pounds and over twenty inches!Aimee
Dubuisson, Texas