



Fit and Fabulous in 15 Minutes

By Teresa Tapp, Barbara Smalley

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“The T-Tapp system is the ideal anti-aging workout. Highly recommended!”
—Nicholas Perricone, M.D., *New York Times* bestselling author

The most efficient and effective workout you’ll ever do!

Imagine an exercise program that requires no equipment, no weights, and no bands. There is no jumping or stress to your joints. Yet everyone gets results regardless of fitness level! Created by renowned fitness expert Teresa Tapp, the revolutionary T-Tapp Workout reshapes your body while it fires up your metabolism. All you need is four square feet of space and just 15 minutes a day in order to see a dramatic loss of inches.

How does it work? T-Tapp’s unique sequence of comprehensive, compound muscle movements works the muscles layer by layer, from the inside out, to cinch, tighten, and tone them and burn fat better. *Fit and Fabulous in 15 Minutes* is the complete introduction to this amazing program. By doing Teresa Tapp’s signature 15-minute workout, or the extended 45-minute workout, you can:

- lose a clothing size—in 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
- improve blood-sugar levels in type 2 diabetes

The no-impact workout is safe for those with shoulder, hip, knee, neck, and back concerns, and is also effective for those with conditions such as arthritis, fibromyalgia, lupus, chronic fatigue syndrome, and multiple sclerosis. With T-Tapp you’re building a better body—inside and out.

Completely illustrated with step-by-step photographs that show how to do the exercises, *Fit and Fabulous in 15 Minutes* also includes inspiring testimonials and an easy-to-follow food plan. If you want real results—real fast—tap into the power of T-Tapp!

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Editorial Review

Amazon.com Review

Less is more, even in exercise! In her new book *Fit and Fabulous in 15 Minutes*, Teresa Tapp reveals her signature T-Tapp Workout, and teaches you how to "use your body as a machine so you can lose inches quick, build bone density, and condition your heart, all with only 8 repetitions and no equipment." Watch our exclusive video with Teresa, featuring a quick demonstration that you can do at your desk!

Exclusive Video from Teresa Tapp



[Watch the video](#)

Review

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 Mecham, 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. I’ve also lost twenty-five pounds and over twenty inches!”
—Aimee Dubuisson, Texas

From the Hardcover edition.

About the Author

TERESA TAPP is an internationally renowned fitness expert who developed T-Tapp, a revolutionary rehabilitative fitness program. She has certified instructors all over the world. Tapp has appeared on local ABC, NBC, CBS, PBS, FOX, and UPN affiliates across the country, and articles on T-Tapp have appeared in numerous publications, including Woman’s World, Prevention, Fit, and Parade magazines. She lives in Tampa Bay, Florida. Visit her website at www.t-tapp.com.

BARBARA SMALLEY is a freelance writer specializing in women’s issues and the co-author of six books. Her articles have appeared in more than fifty national magazines, including Redbook, Cosmopolitan, Parenting, Family Circle, Woman’s Day, Elle, and Reader’s Digest. For the past eight years, she has been writing primarily for Woman’s World magazine. She is a former recipient of the prestigious ATHENA Award, an international honor that recognizes women who selflessly give of their time and talents to help other women reach their goals. She lives in Athens, Georgia.

From the Hardcover edition.

Users Review

From reader reviews:

Steven Ellison:

The book Fit and Fabulous in 15 Minutes can give more knowledge and information about everything you want. So just why must we leave the good thing like a book Fit and Fabulous in 15 Minutes? A few of you have a different opinion about guide. But one aim this book can give many data for us. It is absolutely proper. Right now, try to closer using your book. Knowledge or details that you take for that, you are able to give for each other; you may share all of these. Book Fit and Fabulous in 15 Minutes has simple shape but you know: it has great and massive function for you. You can look the enormous world by available and read a e-book. So it is very wonderful.

Daniel White:

In this 21st one hundred year, people become competitive in each way. By being competitive today, people have to do something to make them survive, being in the middle of the particular crowded place and notice by simply surrounding. One thing that oftentimes many people have underestimated the item for a while is reading. Yes, by reading a book your ability to survive boost then having chance to stand than other is high. For you personally who want to start reading a book, we give you this specific Fit and Fabulous in 15 Minutes book as beginner and daily reading reserve. Why, because this book is more than just a book.

Estela Gillard:

As a university student exactly feel bored to be able to reading. If their teacher questioned them to go to the library as well as to make summary for some publication, they are complained. Just little students that has reading's heart and soul or real their interest. They just do what the educator want, like asked to the library. They go to right now there but nothing reading very seriously. Any students feel that reading through is not important, boring and also can't see colorful images on there. Yeah, it is to get complicated. Book is very important in your case. As we know that on this period of time, many ways to get whatever we want. Likewise word says, ways to reach Chinese's country. So , this Fit and Fabulous in 15 Minutes can make you truly feel more interested to read.

Joseph Chitwood:

Many people said that they feel weary when they reading a guide. They are directly felt the item when they get a half elements of the book. You can choose the actual book Fit and Fabulous in 15 Minutes to make your own personal reading is interesting. Your own skill of reading skill is developing when you including reading. Try to choose easy book to make you enjoy to learn it and mingle the feeling about book and reading through especially. It is to be 1st opinion for you to like to start a book and read it. Beside that the publication Fit and Fabulous in 15 Minutes can to be your brand-new friend when you're sense alone and confuse with what must you're doing of their time.

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