KeepActive

TAPP TIME

Mother and daughter discover an innovative workout called T-Tapp that completely changes their lives for the better.

By Lisa Moretti • Photo by David Monroe

Emily Richter and her mom, Pat, have been through it. Emily was diagnosed with ITP (immune thrombocytopenic purpura) at age 3 and Epstein-Barr at age 14. She battled cervical cancer and had to have a hysterectomy by age 22 and endured a double mastectomy along the way. Meanwhile, Pat had to have two back surgeries that left her barely able to walk using a walker. And on top of all that, Pat and Emily virtually experienced menopause at the same time! It was pretty harrowing, but to look at them now, you’d never know what Pat and Emily have been through.

Cleaning Out Her Closet Had a Big Payoff

Because of being bedridden with fatigue and her time recovering from surgery, Emily had to fight to be fit, but the breaking point was when she gained 40 pounds in just three months and swelled up four dress sizes. Today she laughingly tells you she tried every workout available and dragged herself to the gym six days a week for a two-hour workout to no avail. One of the tapes she ordered was Teresa Tapp’s “Total Workout,” but it sat on the floor of her closet forgotten until one day she got down to some serious housework. For some reason she handed the video to her mom and said, “You do it.” Isn’t that the way of all mother-daughter relationships?

The Dynamic Duo

Pat knew for some reason this was the workout for her. At first, because of her weak back, Emily had to stand behind Pat and hold her upright at the waist while she tried to do the moves. Before long, Emily was trying them, too. Soon the mother-daughter duo was becoming a fitness team that would inspire others and a whole new world opened up to them. “The Total Workout did for me in eight weeks what four years in the gym could not,” says Emily, now 39. Today Pat doesn’t look close to her late 50s, and most 20 year olds (or her teenage granddaughter Katya) can’t keep up with her. She tossed out the walker, lost some serious inches and now turns quite a few heads.

How’d They Do That?

You might choose to work out to look better, but some people have to work out to get better. Both Emily and Pat were going through serious health challenges that robbed them of enjoying life. Keeping in mind the linear alignment principles and applying them to even the most mundane movements in their day helped both women get to the point where they have vibrant and active lives. Sometimes it takes mother-daughter teamwork to save the day. For Emily and Pat, scaling tall buildings in a single bound might be next!

Turn to page 38 for some examples of T-Tapp exercises that will give you shapely legs and see how they vary from what you’re used to. MS&F

Emily Richter is now a certified T-Tapp Trainer in the Los Angeles area. You can read more about her journey at www.ttapp.com/trainers/emily.