



Top 10 Killer Tips
**From T-Tapp 60 Day
Challenge Winners!**



Renee McLaughlin

Top 10 Killer Tips From T-Tapp 60 Day Challenge Winners!

How To Get The BEST Inch Melting, Pain Eliminating, Health Results With T-Tapp.

If you want to learn all the secret tips and tweaks on how to get incredible results doing this crazy workout called T-Tapp, the smartest thing to do is to go to the Ladies who have had incredible success doing it!

Having done and taught T-Tapp for close to 17 years, I know a thing or three about how to transform bodies (and often health and lives) using this powerful method of movement called T-Tapp!

Even though I've coached hundreds of woman through their 60 Day Challenge, this was the first year (2016) I actually entered myself.

I am thrilled to tell you [I won the 60 Day Challenge](#) in the T-Tapp Trainer Category! That's a darn tough category too because these gals know how to T-Tapp!!! I lost 10 inches and melted off my excess menopausal fluff. I can now say I'm one of those successful 60 Day Challenge winners too!

Want to know how I did it? That's what I thought. And that's why I put together this Report. It includes my "secret" tips along with the tips from other Challenge winners.

If you are new to T-Tapp, you might be wondering what the "60 Day Challenge" is. So lets' start there...

What the heck IS the T-Tapp 60 Day Challenge?

Every year, T-Tapp has a 60 Day Challenge that anyone can enter. When you enter the Challenge, you are required to upload your pictures (front, both sides and back) along with starting measurements and the "category" you are entering in. You decide on your own workout schedule. The only workout rule is that you don't do any other workouts (except for walking) during the 60 days.

At the end of the 60 days, you then submit "after" pictures, final measurements and an essay about your experience.

Teresa Tapp (developer of T-Tapp and owner of the company) then agonizes for a few months over these in order to choose winners in each category. The winners get to come to the annual T-Tapp Retreat either for free or for a significant discount.

Every year, there are hundreds of entries. In 2016 there were over 700 entries! If you win in your category, you definitely got a tremendous result and some great tips to share.

Most people think it's only the numbers of inches lost that will cause you to win. But actually, the health improvements and ability to now engage muscles that weren't engaged before (evident when you look the "before" and "after" pictures), can be the reason(s) someone wins.

These deep, internal changes are the REAL results of doing a 60 Day Challenge!

Blow Away Amazing Inch Melting Success!

Yes...inch loss can be spectacular! I've seen women lose over 40 inches in just 60 days!!! As a matter of fact, [Jennier M](#) lost 40.25 inches in this year's 2016 Challenge.

I know...that sounds like a big marketing claim to get you to buy something. But all you have to do is check out the [60 Day Challenge Success story pages](#) and you'll see that it's true.

It's not just one or two women who have gotten incredible results and it didn't just happen in one Challenge.

It's been true for the last 20 years that there's been a Challenge!!!

Major Health Conditions Improved!

T-Tapp is more than just an exercise routine. It is actually a "method of movement" that, when done consistently, can have profound health benefits. When you go to visit the [Success Story pages](#), you aren't going to believe all the health benefits women have gotten just by adding T-Tapp to their lives.

Here are just a few of these benefits:

- Hormones balanced
- Sleep issues resolved
- Blood sugar issues went away
- Muscles rebalanced
- Significant pain reduction and healing of joint issues (knees, hips, back, neck, even feet and hands)
- Balance issues improved
- Feeling of stress and anxiety improved
- Reduction in depression

While T-Tapp provides great benefits when you first start doing it, results are progressive. This means the longer you do it and focus on doing it with better form, the better results you will continue to get.

With most exercise, you have to either do it longer or more intensely to continue to get benefits from it. Not so with T-Tapp. Actually, you'll learn one of the tips we share about T-Tapp is LESS is MORE because you are learning to do it by engaging more of your muscles with each move.

More muscles engaged, more inches lost in less time.

Number 1 Tip!

I am going to start this Report by sharing the #1 tip to getting the best results with T-Tapp! This is the ONE tip EVERY winner shared!

CONSISTENCY!

T-Tapp WORKS but only if you WORK it! Consistency means different things to different people. For some people, they feel their best when they do a workout 5-6 times a week. For others, doing a workout 3 times a week with a few moves thrown in each day does it for them.

Consistency means you keep doing something every week.

Don't let "life" stop you from doing a few moves each day. You can always (unless you are sick and/or disabled) fit in a Primary Back Stretch or a set of hoe downs. You can always lift your ribs and press your mittens several times a day. Even this gives you a sense of being consistent. When you do this...your body will thank you.

Because consistency is the #1 key to long-term results and most people think they need to use "motivation" to get themselves to start working out and then keep themselves consistent, I decided to put together an Inspiration page for you to go to when you need a nudge.

[Listening to many of the 60 Day Challenge winners](#) share their experience of their struggles and how they overcame their obstacles can be the inspiration you need to write your own success story.

Inspiration vs Motivation

The problem with trying to get yourself to do something using "motivation" is that it

doesn't typically hold enough energy to carry you all the way to where you want to go. You start because you believe it's something you HAVE to do. Perhaps you are feeling ill or you are in physical or emotion pain.

HAVING to do something is using a feeling of desperation to push you into doing it. That can get you into action and moving forward. But once that desperate feeling starts to go away...so does your "motivation." You stop taking those action steps and slip back into inertia.

Another way to create motivation is by "shoulding" on yourself. You know that voice in your head screaming at you. "You SHOULD do T-Tapp. You know it will be good for you."

The problem with "shoulding" though is that you are trying to motivate yourself through obligation. Again...once that feeling of obligation wears thin, so does your motivation and typically you will stop taking action. Foiled again!

But how about using INSPIRATION instead. How about KNOWING that if you do the T-Tapp workout you WILL have a positive transformation. If you KNEW that just by doing T-Tapp consistently, you WOULD get a positive transformation...would you do it?

If these other women could do it, you can too. It doesn't matter if it takes 60 days or 2 years...if you just incorporate a few of these 10 tips, what possibilities could there be for you?

Inspiration can take you all the way to where you want to go.

Tip #2

Stop focusing on getting an instant result. Start thinking long term!

Allow yourself to immerse in longer term possibility thinking. What if....? What if you were consistent (whatever that is for you) in doing just a few of the tips in this report? How might your health improve? How might you look and feel like a year from now? Three years from now?

Write down what that might look and feel like. Get excited and inspired to just begin! These tips are all SIMPLE! YOU CAN DO THEM! Isn't that refreshing????

They aren't anything you can't do if you are inspired! If you knew they would WORK!

This is why I wanted to do short phone interviews with women who are doing it! You'll see these women are just like you. They aren't perfect! Many of them started doing T-Tapp, got great results and promptly stopped doing it. WHY? They were using motivation to get them into action.

But they saw the 60 Day Challenge as a way to renew their commitment to themselves and their health. They used their KNOWING to inspire themselves to move forward into action.

The best results came from doing the workout consistently over time. Not from doing it in the short term.

You don't have to wait for the "official" 60 Day Challenge. Create your own Inspiration Challenge. Pick at least 3 of these tips and begin to make them yours.

Tip #3

Prepare for your success!

Start by getting yourself a journal. Some of the winners got a beautiful bound journal and others created one for themselves on the computer. This journal is your accountability partner. It's where you go to create your plan for the week. And where you go to jot down what you've done.

Several of the winners took Sunday night to write in their journals their workout schedule for the coming week. If they had a particularly busy week, they wrote in a few moves to do each day. They made sure they were mentally prepared for their week and they scheduled in "ME" time.

They then came back to their journals each day and wrote in what they actually did. This proved really helpful because they were able to look back over the weeks to see their progress. They could get a sense of what was working and if it wasn't, they tweaked it.

Keeping a journal is a great way to prepare for success and keep you accountable.

Tip #4

Throw away the scale!!!!

We all know the scale lies. But when you have been T-Tapping for a while, you really

KNOW it! How? Because T-Tappers weight about 10 pounds more then clothes size would indicate!

Check out the Success Stories and you will see what I mean. I've seen women lose 3 clothing sizes but only about 10 pounds. This is because T-Tapp really does burn excess fat while building dense muscle. I always chuckle when I hear someone say "muscle weighs more than fat!"

A pound is a pound is a pound. It all weighs the same!

The difference is that a pound of muscle is tight and dense and a pound of fat is fluffy and takes up a lot more space. So when you burn off a pound of fluff and build a pound of long, lean, dense, beautiful muscle...you shrink. But you don't necessarily lose much weight.

Who CARES??? You no longer do because now you understand why weight isn't the gold standard of success. Measurements are a better indicator for what is happening in your body. But they have their drawbacks too.

Most of us aren't very skilled at taking our measurements. Did we measure in the exact same place as the last time? Are we retaining excess water which makes us puffier? Are you using the same amount of tension in the measuring tape as before? Lots of places to get inaccuracies!

So how's a girl to know just how she's doing? How about taking pictures?

Pictures are a great way to see the results of your efforts.

When we are looking at ourselves in the mirror everyday, we can't see the incremental changes we are getting. It's easy to think "nothing" is happening. What happens then? We get frustrated and stop working out! But when you look at your "before" pictures next to your "after" pictures, you can SEE the monumental shifts in your body.

I always look at my clients from the back. The back shows where we all have muscle imbalances, how we are standing and holding our body and where we are actually engaging our muscles. It allows me to help them re-balance their body which allows for the best "sculpting" results.

When it's ourselves, not seeing our face but just our back can help us disengage from all the emotions that go along with seeing pictures of ourselves. Instead you can focus more on how you are shifting...in a good way.

Toss your scale and tape measure. Use pictures to get INSPIRED!

Tip #5

Focus on getting healthy instead of on losing weight (or inches)!

This tip is an extension of Tip #2. But most of the Challenge Winners mentioned this so I wanted to make it a Tip all on its own.

Focusing on getting healthy isn't only about doing your T-Tapp workout. It's about paying attention to how we are treating ourselves in many different areas. For example, if you have been ignoring your nutrition, pick a few things you'd like to change or add.

I like to have my clients start the day with a big glass or two of warm water with a big squeeze of lemon in it. Just adding this one thing into your day helps you re-hydrate after 8 hours of sleeping and begins the day with an alkaline boost. It's a step forward and gives you a sense of accomplishment!

You can just add one or two things like this into your day to help you direct your focus to getting healthy. Then add a few T-Tapp moves throughout the day to help boost your lymphatic and circulatory movement .

We know how important sleep is to our health (and to reducing belly fat) so take a few steps towards improving your sleep habits. Perhaps take a nice relaxing magnesium salt bath before bed and stay off all your electronics 45 minutes before going to sleep.

Here's what many of the Challenge Winners found when they shifted their focus from losing weight to improving their health. During the first 30 days of the Challenge, they began doing extra things like the ones I described. They started to feel much better but didn't see a big inch loss result. Then all of a sudden...TA DA! They started to shrink! All of a sudden the inches started to melt away.

They were pretty stunned by it actually. What happens is that you are healing your body at a cellular level. You are re-balancing hormones, de-congesting your liver, healing your adrenals. Once the body is healthier, it then begins to work more efficiently. Your metabolism starts to pick up and work again. Then...your body is ready to effectively burn body fat! Pretty interesting, huh??? This WORKS!

Focus first on getting healthy. Your incredible body will take it from there!

Tip #6

Make YOU a top priority!

Most of us women are nurturing caretakers. We spend all our time taking care of everyone else in our life...except us. Then we get to a place where we are exhausted and have nothing left from which to give.

Let's not allow ourselves to get to that completely exhausted place! Let's embrace the oxygen mask! Put it on yourself NOW. Breathe in deeply. Once you are completely oxygenated, turn and give it to the next person in your line.

Taking good care of YOU can't just be an after thought. That isn't helping anyone. If you are too tired and/or sick to take care of others, who have you helped? Nobody wants to be helped by someone who has nothing left to give. This is a "no win" zone and it's time to leave that game.

What does "making YOU a priority" mean? It means making sure to follow the plan you designed for yourself in Tip #3.

You prepared a plan for yourself for the week in your journal. You wrote down a commitment you make to yourself to do your 3 T-Tapp moves a day (or whatever your commitment was). You keep your commitment! No matter what! It's non-negotiable.

You'll hear some of the Challenge winners say they didn't go to sleep until they did their allotted number of hoe downs for the day! Now that's commitment. I'm not saying to take this to a ridiculous extreme. You understand the principle behind this tip. YES! "Life" will always happen! There is never the "perfect" time to get healthy.

You have to take those few simple steps to take care of yourself even when "life" conspires against you.

Actually this can be the BEST time to do it because you will then be better able to handle whatever life throws at you. There were several Challenge Winners who had many obligations (weddings, care giving, deaths, injuries...) during this last Challenge. Instead of letting that de-rail them, they adjusted their ME time.

[Margaret B](#) committed to doing 10 minutes of T-Tapp a day and then used her understanding of T-Tapp principles to keep her "ribs up" all day long and kept thinking about her tuck... She ended up losing more inches during this Challenge than she did during a Challenge where she did 50 minute full workouts 4 times a week. Needless to say...she was blown away ("It was CRAZY!!!").

Tip # 7

With T-Tapp...LESS is MORE!

I am going to be honest here and tell you...I am including this Tip because many of the Challenge Winners told me this was key for them. I know it has been a great Tip for a ton of T-Tappers. But I'm conflicted about it.

Here's why...

I am a self professed "movement junkie"! I LOVE and crave movement. I feel my best when I am moving. Even when I had complete adrenal exhaustion (yes...I did), I would make myself get up off the couch and do a little T-Tapp. It played a HUGE part in my own healing. It helped me move the toxic junk out as I was detoxing. But I could only do about 4 moves at a time and that was it. But I did it every day. Sometimes twice a day! Once I began feeling better, I increased my T-Tapp. That worked for me.

What "LESS is MORE" means for you is probably very individual to YOU. One of the things I do for my clients is customize a schedule that will work for where YOU are right now. But...I digress. Let's get back to the tip.

Interestingly...most of the Challenge Winners I interviewed said they really did less than they had done in previous Challenges due to "life situations". Yet they lost more inches than they did when they had done more full workouts a week.

Listen to [Margaret B](#), [Shannon W](#) and [Carrie H](#) share their experience of "Less is MORE".

Bottom line for this tip is that you don't have to work out for hours a day to have great results. It's actually counter productive. Because you are working every muscle with every move in every workout...you DON'T have to do MORE, MORE, MORE!

Instead focus on using the best form possible while doing fewer moves! This is the true secret to getting MORE out of your T-Tapp!

Tip #8

Tapp into the strong community support available from T-Tappers all over the world.

You are not in this by yourself! There are so many incredible women who are passionate about the benefits they have received from this healing method of

movement...and they are on-line sharing with each other.

Come experience the healing power of support!!!

I have a Facebook group called "[60 Day T-Tapp Challenge with Jen and Renee](#)". Come by and ask to join. I also share lots of tips...on T-Tapp and other juicy bits on my own [FB page](#). Please friend me. Ask questions...

Be strong enough to ask for support!

T-Tapp isn't like any other workout program. It's not just an exercise program. It's a whole method of movement that has the ability to completely transform your health and your body. Because it's so comprehensive, it's not something you just watch once and "get"!

It can take a little while before you feel at all competent doing it. It's during this beginning time that support can be so helpful. It will allow you to know you are exactly where you need to be.

It will help you see that you aren't alone. There's lots of info, help and the most incredible woman who are supportive of each other and there just to make you feel great about yourself. And you thought you were just doing a new 15 minute workout! Nope! You just found a whole community of incredible woman!!! How awesome is that?

ALL the Challenge Winners tapped into the strong T-Tapp Support system that is available. They used it during the Challenge and they use it during the year when their "inspiration" starts to fade.

Here's another way they got support. They recruited a workout buddy! Having a workout buddy is a huge tip for success with consistency! When you aren't feeling like putting in that DVD, your workout buddy is raring to go! And visa versa!

Go now and find a buddy to T-Tapp with!!!

Tip #9

Variety is the spice of T-Tapp consistency!

Most of the Challenge Winners used a variety of T-Tapp Workouts to keep their motivation stoked.

In years past, Teresa Tapp had categories that only allowed you to do one specific

workout during the whole 60 Days. This is when she is introducing something new and wants to document the incredible success you can have doing just one of her workouts.

For example, [Brenda B](#) won in the Senior Fit category two years ago. That is when this new workout came out. Senior Fit is one of my all time favorite moves because it's so darn effective at helping you lose inches. That's exactly when Brenda found out. Once the Challenge was over though, she switched up and did other workouts too to keep from getting bored.

This year Teresa took away the "workout specific" categories. I know for myself...I wouldn't want to only do one workout for 60 days. I would get bored and stop focusing on doing every move to my personal max.

When you stick to only doing one workout, the tendency is to do it in a sloppy way. We do it just to check it off our "to do" list. While it's great if you just DO the workout... your results will be far better if you focus on doing the workout with great form. It's hard to do that when you are bored.

We have so many different workouts now that we can keep ourselves excited and "in the game". I see so many people asking which workouts are "the best"? Here's my answer...the ones you'll do and enjoy!

All the workouts WORK! As long as you do them!

I think they work best when you also enjoy doing them and you allow yourself to pick and choose based on how you are feeling that day!

Tip #10

Now for the last and 2nd biggest Tip – Drum Roll Please...

Progress not perfection rules!!!!

With T-Tapp, there is NO such thing as doing it "perfectly"! If you are someone that will only do something if you can do it "perfectly", step off the T-Tapp train. You will never reach that destination. But here's the juicy part:

The better your T-Tapp form is, the better results you'll get!

When you first start doing T-Tapp, you will get results just from starting it and learning all the moves and T-Tapp vocabulary ("what the heck is a KLT???"). If that were all there was to it, it would get boring and repetitive pretty darn quickly.

But I like to say T-Tapp is similar to Yoga in that with practice, you “deepen” the form and the understanding of the internal cellular healing that takes place. T-Tapp is an education in your body and your bio-mechanics.

This is a process! It's not a destination.

All this to say that FORM MATTERS! It doesn't require perfection but to continue to get great results, you will need to focus on improving your form.

As a Master T-Tapp Trainer, I help people get great results because I slow the workout waaaaay down and have them focus on each part of all the moves. This way you get a sense of what the move should FEEL like. It's incredible how more intense T-Tapp is when you slow it way down.

This is also why I love the newer workouts like Senior Fit (and why many of the 60 Day Challenge Winners used this workout). It is much slower than the 15 minute workout and Teresa took every move that could allow our body to “take the path of least resistance” and modified it so you can focus on engaging all your muscles with every move.

There are several ways for you to work on your form. You can do it yourself by taking a move or two a week and really watching the Instructional videos and focus on doing each part of the moves the way Teresa says to do them.

I always work out in front of a mirror. This allows me to see what I'm actually doing with my body. Not what I THINK I am doing. Those can be two very different things.

You can also have a few sessions either online or with a Trainer. Believe me...we can help you improve your form and your results. It takes a huge amount of work and commitment to become a T-Tapp Trainer. By the time we get certified, we really do know how to help you get results!!!

Congratulations!

You know the top 10 Tips to getting the most out of your T-Tapp Workout. Make sure to stop by my Inspiration page and listen to these Challenge Winners when ever you need a little nudge.

REMEMBER...

*These tips are all simple to do!
You can do this!*



Renee McLaughlin

Renee McLaughlin is a speaker, motivator, and trainer with 20 years of success stories from her clients.

She has a Master of Science degree in Natural Health and is certified as a T-Tapp Master Trainer. As a highest-level trainer-mentor, Renee helps others become T-Tapp trainers.

A life-long student of health, Renee is constantly researching new tools to help her clients on their respective health journeys. Her certifications also include Metabolic Typing, Zone Instructor, Reiki Master, HeartMath Provider, EFT Practitioner, and Psych-K Facilitator (certified in all levels of Psych-K).

In her two decades of working with hundreds of clients across every level of health and fitness, Renee believes “health is multifaceted. It is not just exercise and nutrition; mental and emotional balance are equally as important.

Connect with Renee

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