



## Philly s Fit-Step Walking Diet: Lose 15 Lbs., Shape Up Look Younger in 21 Days (Paperback)

By M D Freda Stutmanm D

MEDICAL MANOR BOOKS, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. Philly s Fit-Step Walking Diet is a unique weight-loss and fitness book. It was originally developed for Dr.Stutman s Philadelphia patients who were tired of fad diets and strenuous exercises.He developed an easy-to-follow low-fat, high fiber, moderate protein diet, combined with an aerobic walking plan and strength-training exercises.This combination produces a double-blast of calorie burning for added weight-loss, cardiovascular fitness and body-shaping.This plan also helps to prevent heart attacks, strokes and hypertension. You will slim down, shape up and look younger on The Philly Fit-Step Walking Diet, and you ll even be able to eat a Philly Cheesesteak in the process.You can even lose up to 12 pounds and 3 inches in only 21 days.

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