



Philly's Fit-Step Walking Diet: Lose 15 Lbs. Get Fit. Look Younger... In 21 Days!

Fred A. Stutman M.D.

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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 15 pounds and 3 inches in only 21 days.

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