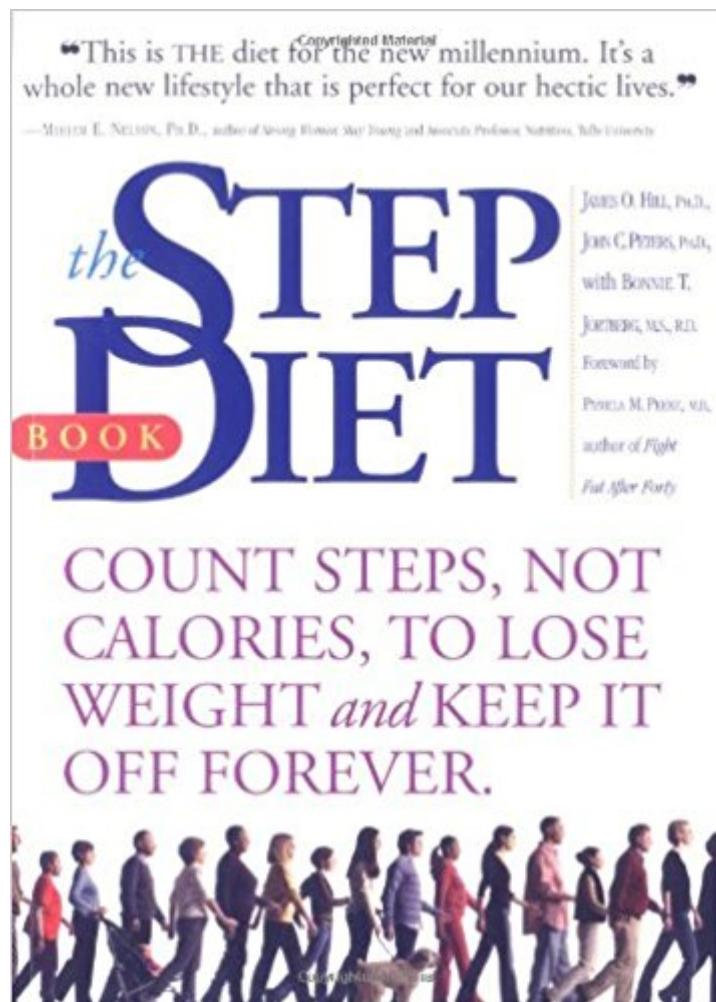


The book was found

The Step Diet: Count Steps, Not Calories To Lose Weight And Keep It Off Forever



Synopsis

Developed by weight-loss experts Drs. James O. Hill and John C. Peters, co-founders of America on the Move, The Step Diet Book is a motivational walking program that will help millions of overweight Americans lose weight and keep it off forever. Combining a book and pedometer--in itself a \$20 value--plus conversion charts and dozens of fat-burning Step Recipes, this is a complete package. At its core is a simple concept called energy balance. Calories come in, calories go out--and when intake is greater than output, you gain weight. The Step Diet Book attacks the problem from both ends. First, use the pedometer to figure out how many steps you take in an average day, then raise the number by 2,000--it's as easy as pacing while talking on the phone, or parking at the far end of the lot. Second, eat one-quarter less of your food--which counteracts our tendency to supersize meals. Once balance is achieved, get fit and lose weight by adding more steps to your day. You can even enjoy a guilt-free lapse by knowing exactly how many steps to tack on at the end of your day.

Book Information

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Customer Reviews

"The Step Diet" is a compact 7 and 1/2 by 5 and 1/2" book that explains exactly how you can lose weight by walking and making small dietary changes. According to the authors the average American will gain a little bit of weight each year. You can prevent this gain by adding 2000 steps to your daily walking. To lose weight you add more steps and cut back on what you eat. These simple changes can be made one at a time and add up to permanent change that's easy to incorporate into your everyday life. The book teaches you how to determine your current average step amount and

increase it week to week. There is also a chart to show how to convert other activities into steps so you can track all of your activities. Information is included on how to make minor dietary adjustments so you can reap the reward of a fitter, slimmer body. Overall the book is excellent at helping the reader learn how to regulate weight through step activity. The authors do however confuse the issue with "megasteps". The authors help you determine your megasteps and then at the back of the book they list common foods and tell you how many megasteps each food is equal to. For example an egg will cost you approximately one megastep. praline ice cream about 6. This is just another way of calorie counting and really not needed in the book in my opinion. Instead it would have been nice if the authors had included the number of steps you would have to walk to burn off certain foods. For example to burn up an order of small fries (210 calories) you would have to walk about 4,200 steps. This type of information in the book would have been great. But it's not included. A pedometer comes with the book.

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