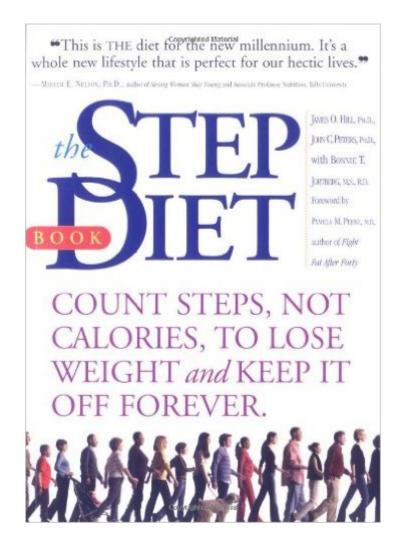
The book was found

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 Moveâ,¢, 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

Paperback: 302 pages

Publisher: Workman Publishing Company; Box edition (April 1, 2004)

Language: English

ISBN-10: 0761133240

ISBN-13: 978-0761133247

Product Dimensions: 7.6 x 0.8 x 8.1 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 4.0 out of 5 stars Â See all reviews (65 customer reviews)

Best Sellers Rank: #67,456 in Books (See Top 100 in Books) #22 in Books > Health, Fitness &

Dieting > Exercise & Fitness > Walking #32 in Books > Health, Fitness & Dieting > Diets &

Weight Loss > Weight Watchers #363 in Books > Sports & Outdoors > Hiking & Camping

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 thats 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.

Download to continue reading...

The Step Diet: Count Steps, Not Calories to Lose Weight and Keep It off Forever Counting Calories: How to Count Calories and Lose Weight Fast (Low Carb Food List: What to Eat While on a Low Carb Diet) The Dukan Diet: 2 Steps to Lose the Weight, 2 Steps to Keep It Off Forever Ketogenic Diet: Ketogenic Diet Weight Loss Mistakes to Avoid: Step by Step Strategies to Lose Weight and Feel Amazing (Ketogenic Diet, Ketogenic Diet Beginners Guide, Low Carb diet, Paleo diet) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weigh loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Dash Diet: Dash Diet For Weight Loss: Your Dash Diet Cookbook And Guide, Lose Weight Fast, Lower Blood Pressure, And Live A Healthy Life (Dash Diet, Dash ... For Weight Loss, Dash Diet For Beginners) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners -

Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) The Slow Carb Diet: My Journey Of Fat Loss And How To Lose 10-15 Pounds Per Month (slow carb, weight loss motivation, healthy diet cookbook, paleo diet, low carb, lose weight fast, diet motivation) Kids Book: Count with Kenny:1-20 (Book for Kids)(Count 1-2-3)(Numbers Book-Picture Book, Counting-Social Skills)(Book for Early ... Reader)(Fun Number Book for child)(Math-Preschool-3)Learn how to Count Ketosis: Keto: Ketogenic Diet: 21 Day NO BS Step by Step Challenge to Lose 10 Pounds: Achieve Optimal Ketosis (diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Flat Belly: Dash Diet Weight Loss Action: Lose Weight The Natural Way & Lower Blood Pressure On A Healthy Lifestyle (Flat Belly, Dash Diet Weight Loss ... Diet for Weightloss, Dash Diet Cookbook) How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss

<u>Dmca</u>