



# **The Step Diet: Count Steps, Not Calories to Lose Weight and Keep It off Forever**

*James O. Hill Ph.D., John C. Peters Ph.D., Bonnie T. Jortberg M.S. R.D.*

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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.

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