

The Step Diet: Count Steps, Not Calories To Lose Weight And Keep It Off Forever By James O. Hill Ph.D.;John C. Peters Ph.D.;Bonnie T. Jortberg M.S. R.D.

By James O. Hill Ph.D.;John C. Peters Ph.D.;Bonnie T. Jortberg M.S. R.D.

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The Step Diet is about counting the steps you take each day, not the calories you eat. Find out what's in the plan, how it works, and if the experts think it's safe.

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