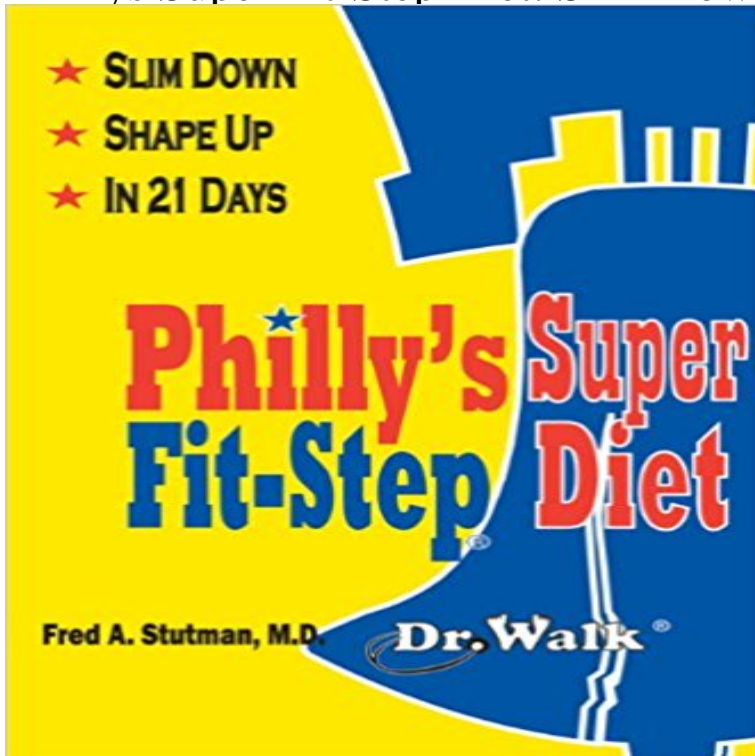


## Phillys Super Fit-Step Diet: Slim Down & Shape Up in 21 Days



Phillys Super Fit-Step Diet plan is a combination of a quick weight-loss healthy diet and an easy-to-follow fitness and body-shaping plan. Dr. Stutman originally formulated this weight-loss and fitness plan for his Philadelphia patients who were tired of unhealthy fad diets and strenuous exercises. This healthy low-fat, high-fiber, moderate protein diet combined with a 40 minute aerobic walking program, results in permanent weight-loss and complete cardiovascular fitness. With the addition of easy strength-training exercises, which involves walking 3 days per week with hand held weights, you will develop strong muscles and bones and a shapely figure. The combination of the aerobic walking plan with strength-training exercises delivers a double-blast of calorie burning for super fast weight loss and cardiovascular fitness. Phillys Super Fit-Step Diet also helps to prevent heart attacks, hypertension, strokes, diabetes and certain forms of cancer. You can even lose up to 15 pounds and 3 inches in only 21 days.

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