

Fred Mafrika Weight Loss

Rosina Ehmann

Dr. Stutman's DietWalk Fred A. Stutman, Fred A Stutman M D, 2013-09-01 Dr. Stutman's DietWalk presents a fast and easy formula to achieve permanent weight loss and complete cardiovascular fitness.

Philly's Best Fit-Step Diet Fred A. Stutman, 2012-06-15 Philly's Best Fit-Step Diet is a unique weight-loss and fitness book. It was initially developed for Dr. Stutman's Philadelphia patients, who were tired of fad diets and strenuous exercises. His patients have lost considerable weight over the past decade with this easy-to follow diet and have maintained that weight loss permanently. He also developed a simple fitness aerobic walking program combined with easy-to use strength training exercises for complete cardiovascular fitness, which has resulted in sustained fitness in his patients. Since Philadelphia has been known for its unhealthy foods-cheesesteaks, hoagies, scrapple, sausages, and other high-fat foods-he has modified his diet plan to eliminate or reduce the intake of these artery-clogging foods. Philly's Best Fit-Step Diet plan helps to prevent heart attacks, strokes, hypertension, and certain forms of cancer. You will slim down, shape up, look younger in only twenty-one days, and you'll even be able to eat a Philly cheesesteak in the process.

The 7-Minute Miracle Sheldon Levine, 2003-09-19 Sheldon Levine, M.D. shows how it's entirely possible (and easy) to shrink our tough luck areas--our hips and thighs, our bellies and butts. Based on landmark research Levine's program allows you to spot reduce your fat so you can target exactly the areas that bother you most.

The F-factor Diet Tanya Zuckerbrot, 2007

Weight Loss for Life , Presents the full text of the publication Weight Loss for Life, provided by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the U.S. National Institutes of Health in Bethesda, Maryland. Discusses how the body loses weight, types of weight loss programs, diet, nutrition, types of diets, and physical activity.

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