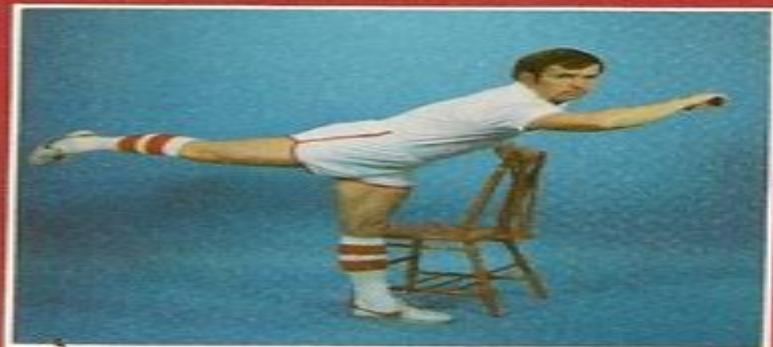
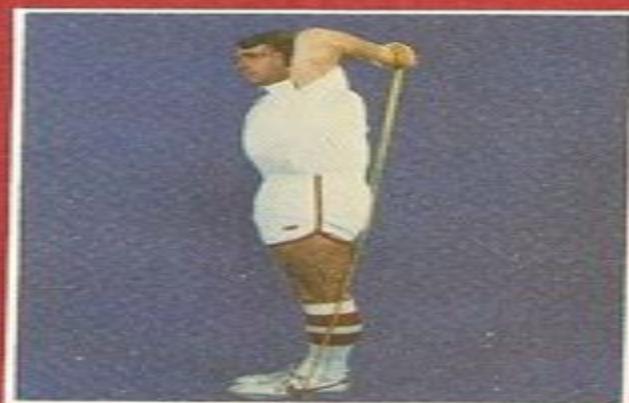


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Diet combines the slow or moderate weight loss walking plan with calorie consumption at the level recommended in a table. Calorie values are listed in a table in the appendix. The Doctor's Special Walking Diet is designed to burn off a snack or dessert on occasion by walking a prescribed time period. The Doctor's F A S T 3 Day Dietwalk is formulated for weight loss, weight maintenance, and good health. It combines a regular walking or pedaling program with a high fiber diet that is low in cholesterol, saturated fat, salt, and sugar. Three meal plans are provided, each to be followed 2 days per week. Sunday is designated a free day with set calorie limits and no walking requirements. The menu plans allow some substitutions. Eight ounces of water are required before each meal and bedtime. Diet meal plans are also provided for maintenance of weight. The remainder of the book discusses diet and nutrition fallacies, behavior modification tips, fat hidden in foods, fiber, cholesterol, saturated fat, salt, sugar, alcohol, smoking, stress, and fitness. One chapter deals with weight control by indoor exercise, walking, or light running in place and use of a stationary bicycle.

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