



The  
**PTI BUZZ**  
Carol Kur, MSRD

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## ARE YOU RESOLVED?

Eighty percent of the population has resigned themselves to "go on a diet " for their New Years Resolution. How will this year be any different then last. Here are some easy tips for success:

1. Set short term manageable goals.
2. Make just one or two changes a week toward better health.
3. Drink more water( 60 oz/day).
4. Eat at least one bowl of low fat soup a day.
5. Eat smaller meals, more frequently.
6. Balance your plate with the right foods.
7. Lose the high calorie coffee drinks.
8. Stay away from regular soda.
9. Drink wine or lite beer instead of large alcoholic beverages
10. Be committed to your PTI program.

The extra pounds from the Holiday season will slowly drop off before you know it and you have adopted a lifestyle program rather then a DIET.

**Just start moving!!!! Walk just 30 minutes three times a week and burn up to 500 calories.**

**JOIN PTI FACEBOOK TODAY!!!!**  
**Personal Training Institute**

**[www.personaltraininginstitute.com](http://www.personaltraininginstitute.com)**  
**877-PTI-WORK(S)**

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