



The
PTI BUZZ
Carol Kur, MSRD

Quick Links

- [Franchising](#)
- [About Us](#)
- [Locations](#)

WHAT'S HOT, HEARTY, SATISFYING AND HEALTHY : SOUP OF COURSE

Eating Soup provides us with a low calorie option that leaves us feeling satisfied longer.



HOW DO I CHOOSE ?

Choose a low calorie soup that ranges between 150 to 200 calories per serving.

Select a broth-based vegetable soup for low calorie consumption.

Read the label while making soup purchases to avoid ingredients like heavy cream, indicating a high fat content.

Watch your sodium intake, keeping it to less than 600 mg of sodium per cup.

Winter sports like skiing and ice-skating can burn up to 200 calories in 30 minutes. Bundling up will help you burn even more!!!

www.personaltraininginstitute.com
877-PTI-WORK(S)

[Forward email](#)

✉ [SafeUnsubscribe®](#)

This email was sent to ekaplan@personaltraininginstitute.com by jpuglin@personaltraininginstitute.com.
Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by

