



The
PTI BUZZ
Carol Kur, MSRD

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Staying in shape during your Spring Break Vacation

Ten tips to stay fit over this Holiday Break:

1. Stay hydrated!!! Drink lots of water throughout the day.
2. Walk to as many of the local venues as you can.
3. Moderation is the key to success. Choose your poison, is it alcohol or dessert?
4. If you choose to drink alcohol then have one glass of water for every alcoholic beverage you have. Limit to only two drinks a day.
5. Have a healthy and filling breakfast so you are not hungry throughout the day.
6. Eat your six small meals a day so you don't overeat at any one meal.
7. If you are by a beach or pool, make sure you stay active in the water. Swim or tread water to burn calories.
8. Always start lunch or dinner with a salad and you won't be that hungry for your main meal.
9. Use the hotels fitness facility.
10. Have lots of fun and laugh to burn extra calories.

Paddle a kayak for 20 minutes and burn 100 calories while having a blast!!!



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