



The  
**PTI BUZZ**  
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Happy hour doesn't have to  
be a diet disaster!!!

one margarita=up to, 1000 cal

How to lower the calories in your cocktail:

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Diet soda or diet tonic: 0 calories  
Orange juice (6 oz): 84 calories  
Cranberry juice cocktail (8 oz): 136 calories  
Light orange juice (8 oz): 50 calories  
Light cranberry juice (8 oz): 40 calories  
Light lemonade (8 oz): 5 calories  
Baja Bob's sugar-free margarita or sweet 'n' sour mix: 0 calories  
Lemon or lime juice (1/2 oz): 10 calories  
DaVinci or Torani's sugar-free syrups: 0

Now that the snow is on it's way out, wash and wax your car for  
45 minutes and burn 150 calories.

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