



The
PTI BUZZ
Carol Kur, MSRD

Quick Links

- [Franchise Info](#)
- [About Us](#)
- [Locations](#)

2010 SUPERFOODS

Acerola- This fruit contains the highest sources of vitamin C on the planet. 30 times more vitamin C than orange juice.

Teff-This tiny grain is high in protein, fiber, calcium, iron and amino acids.

Mangosteen-this fruit helps maintain a healthy immune system, promoting joint health and boosting energy levels.

Salba seeds-Rich in omega-3 fatty acids, antioxidants, folate, vitamins A and C, calcium and iron..

Muscadine grapes-These magic grapes are an excellent source of fiber and help in the prevention of colon and prostate cancer.

Maqui berry-.Has the most powerful antioxidant punch.

Matcha- delivers the same benefits as green tea - high levels of antioxidants and amino acids - but at a much higher concentration.

Painting a small room for 30 minutes will burn 100 calories. Not only will your room look better but your body will as well.



[PTI Facebook](#)

www.personaltraininginstitute.com

877-PTI-WORK(S)

[Forward email](#)



This email was sent to ekaplan@personaltraininginstitute.com by jpuglin@personaltraininginstitute.com.

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Personal Training Institute | 500 North Broadway | Jericho | NY | 11753