



The
PTI BUZZ
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Is spending more time at work sabotaging your diet? Planning ahead is the key to success!!

Most offices have a kitchen accommodations, so use them !!!!

No time for breakfast? Bring oatmeal, yogurt, cottage cheese or a breakfast bar.

Prepare snacks for work while preparing dinner the night before.

Pack up to five snacks in a bag over the weekend

Keep a piece a fruit at your desk

Keep menus from local restaurants around to order healthy lunches

Always keep a bottle of water at your desk to stay hydrated and keep you full

Burn calories at your desk!!!!

Pump both arms over your head for 30 seconds like you're "raising the roof". Then, quickly tap your feet on the floor, as if running through tires, for 30 seconds. Repeat this process four times or until your boss looks at you funny.

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