



The
PTI BUZZ
Carol Kur, MSRD

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GET THE MOST OUT OF YOUR EXERCISE ROUTINE WITH THESE PRE-EXERCISE SNACKS:

**eat at least one hour before your workout*

- One cup of low fat Greek yogurt with 1/2 cup of berries
- One tsp. peanut butter with 5 pieces melba toast
- Five whole grain crackers with Lite Laughing Cow Cheese
- Half a cup cottage cheese and one cup cantaloupe
- 150 calorie nutrition bar
- 8 ounce smoothie made with yogurt and fruit

Do some heavy duty spring cleaning for one hour and burn up to
300 calories!!!!

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