



The
PTI BUZZ
Carol Kur, MSRD

Quick Links

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

NO NEED TO WHINE ABOUT WINE

Wine has become the most popular alcoholic beverage of our times. We know about the health benefits but what about the calories:

Wine Calories (per 4 fl oz):

- Ginger Wine- 190 calories
- Port- 170 calories
- Sherry -140 calories
- Champagne -95 calories
- Sutter Home Chardonnay- 95 calories
- Shiraz- 92 calories
- Sparkling Wine -92 calories
- Dry Red Wine- 83 calories



Power walk for 20 minutes and burn off that glass of wine!!!! (approx. 100 calories)



[PTI Facebook](#)

www.personaltraininginstitute.com
877-PTI-WORK(S)

[Forward email](#)

 **SafeUnsubscribe®**

This email was sent to ekaplan@personaltraininginstitute.com by jpluglin@personaltraininginstitute.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



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