



Useful nutrition tips from
Natalie Greene, RD

5 Foods You Should Eat Everyday...

Blueberries: brain stimulant, boosts immunity, cancer fighter, heart healthy

Oats: muscle growth, brain stimulant, heart healthy

Spinach: sexual enhancement, muscle growth, heart healthy, bone builder, enhances eyesight

Walnuts: muscle growth, brain stimulant, cancer fighter, heart healthy, boosts immunity

Yogurt: cancer fighter, bone builder, boosts immunity

Quick Links

- [Franchising Information](#)
- [More About Us](#)
- [Locations](#)
- [Our Store](#)

Would you like to own your own PTI franchise?

Call Cliff Nonnenmacher, VP of Franchise Development 516.342.9064
ext 17 www.ptifranchise.com

[Forward email](#)

✉ **SafeUnsubscribe®**

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

Email Marketing by

