



The
PTI BUZZ
Carol Kur, MSRD

Tailgating Tips!

- Hummus and baked pita triangles
- Pickle and Relish Tray- arrange a variety of sliced pickles, black and green olives
- Fresh fruit- cut up pieces of melon, pineapple, and berries
- Veggie Tray with low fat dip
- Low fat turkey chili
- Turkey hot dogs in whole wheat buns
- Light ice cream (Edy's makes a great light version)
- Angel Food cake
- Light beer, sparkling water, or water

Quick Links

- [Franchising](#)
- [About Us](#)
- [Locations](#)

Tailgating Fit!

While waiting for the game, throw a football with a friend for 1/2 an hour and burn 100 calories. Why Not?

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

[Forward email](#)

✉ [SafeUnsubscribe®](#)

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