



The
PTI BUZZ
Carol Kur, MSRD

Quick Links

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

Best Bets for Breakfast...

Breakfast is one of the best times to eat whole grains, fruits and milk, three of the food groups encouraged by the new Dietary Guidelines. Having a nutrient-packed start to your day can give you energy to perform better, both mentally and physically.

- *Fresh pineapple chunks mixed with low-fat cottage cheese and a slice of whole-wheat toast with apple butter*
- *A whole-wheat English muffin topped with soft margarine and a hard-boiled egg*
- *Whole-grain or bran cereal with low-fat or skim milk and shaved almonds, served with a piece of fresh fruit*
- *Oatmeal topped with a sprinkle of brown sugar and walnut halves*
- *An egg-white omelet loaded with peppers and low-fat cheddar cheese in a toasted whole-wheat pita pocket and served with low-fat milk*
- *Non fat yogurt topped with low fat granola and strawberries.*

Fitness in the Morning!

Before hitting the shower in the morning walk up and down the steps for ten minutes burning approx 50 calories and 3 sets of stomach crunches ,10 each and 3 sets of 10 pushups on knees or toes for a total of approx 100 calories.

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