



The  
**PTI BUZZ**  
Carol Kur, MSRD

### Quick Links

- [Franchise Info](#)
- [About Us](#)
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## Superfoods!!!! What we need for optimal health.

- Beans
- Blueberries
- Broccoli
- Oats
- Oranges
- Pumpkin
- Salmon
- Soy
- Spinach
- Tea (green or black)
- Tomatoes
- Turkey
- Walnuts
- Yogurt

### JOIN PTI FACEBOOK TODAY!!!! [Personal Training Institute](#)

Go apple or pumpkin picking and burn up to 200 calories in one hour. Great family fun!!!

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