



The
PTI BUZZ
Carol Kur, MSRD

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HEALTHY HALLOWEEN



Look for candy that's labeled as "fun size" or "mini."

Select candy that takes a while to eat like lollipops .

Buy value packs of sugarless gum.

Hand out 100-calorie snack packs or 100% fruit chews.

Select dark chocolate candy. The darker the chocolate, the more antioxidants.

Avoid candy completely; give out baseball cards, wacky packs or glow stick bracelets .

DANCE AWAY THE EXTRA CALORIES

Dancing to Michael Jackson's "Thriller" from beginning to end can burn 120 calories !!!!!

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