



The
PTI BUZZ
Carol Kur, MSRD

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

BEST AND WORST VENDING MACHINE SNACKS

Healthiest - animal crackers, graham crackers, nuts and seeds, fresh fruit or canned all natural fruit, beef jerky (95% ff)

Healthier - granola bars, whole grain fruit bars, baked chips, rice cakes, cereal mix, fruit flavored snacks , pretzels, lite popcorn

Unhealthy - cookies, candy, yogurt coated nuts, buttered popcorn, pork rinds, Slim Jims

While sitting at your desk tighten your abdominals and hold for 15 seconds. Sit nice and straight and do not hunch over. Do this for 10 minutes and feel the burn, then repeat it.

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