



**PERSONAL  
TRAINING  
INSTITUTE**



**Useful nutrition tips from  
Natalie Greene, RD**

**DON'T SACRIFICE ALL  
OF YOUR GOALS ON A  
MEAL THAT WILL  
ONLY LAST FOR A  
MOMENT!**

### **Quick Links**

- [Franchising Information](#)
- [More About Us](#)
- [Locations](#)
- [Our Store](#)

## Happy Thanksgiving!

Dark meat turkey is higher in calories and has more fat. Select white meat turkey and don't forget to remove the skin!

A 3-oz portion of white meat turkey (3 thin slices) without skin has 132 calories and 3 grams of fat. With skin, that jumps to 168 calories and 6 grams of fat.

Choose a sweet potato. The bright orange color means it contains beta-carotene with other important nutrients like fiber and Vitamin C.

A healthy plate will consist of 1/4 white meat turkey, 1/4 sweet potato or brown rice, and 1/2 green vegetables.

Wear tight-fitting clothes so you won't be tempted to overindulge.

**Would you like to own your own PTI franchise?  
Call Carol Kur, MSRD at 516.342.9064 ext 16 [www.ptifranchise.com](http://www.ptifranchise.com)**

An offer for a franchise is made only by the means of the franchisor's Uniform Franchise Offering Circular (UFOC). An offering can only be made by a prospectus filed with the New York State Department of Law. Such filing does not constitute approval by the Department of Law. ©2007 Personal Training Institute, LLC. All Rights Reserved.

### [Forward email](#)

#### **SafeUnsubscribe®**

This email was sent to [ekaplan@personaltraininginstitute.com](mailto:ekaplan@personaltraininginstitute.com) by [ekaplan@personaltraininginstitute.com](mailto:ekaplan@personaltraininginstitute.com). Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by

