



The
PTI BUZZ
Carol Kur, MSRD

Quick Links

- [Franchise Info](#)
- [About Us](#)
- [Locations](#)

Tips for having a Healthy Thanksgiving Meal

Now that you have prepared for a healthy meal, you can still avoid overeating using the following tips:

1. Drink plenty of water throughout the day, it will keep you full making it hard to overeat.
2. It takes 20 minutes for the brain to register that it is full, so eat slowly.
3. Eat a healthy breakfast and snacks before your meal so you don't sit down too hungry.
4. Fill your plate with small portions of your favorite Holiday foods and avoid the foods that you eat often.
5. Only fill up your plate once, don't go back for seconds.
6. Be conscious of your dessert portions, a sliver goes a long way.
7. With the exception of crudite, stay away from the high calorie Hors d'oeuvres.

Get the family out for some kickball and burn about 400 calories in one hour. It's great fun too!!!!

JOIN PTI FACEBOOK TODAY!!!!
Personal Training Institute

www.personaltraininginstitute.com
877-PTI-WORK(S)

[Forward email](#)

SafeUnsubscribe®

This email was sent to ekaplan@personaltraininginstitute.com by jpuglin@personaltraininginstitute.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by

