



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

Quick Links

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

Regular Water vs. Sparkling Water

We all understand the importance of increasing our water intake. However, it can be confusing with all the different choices available to us.

It is important to recognize that club soda and sparkling water have added salt. Mineral water contains added minerals that regular water does not have. Seltzer is basically another name for filtered, carbonated tap water.

So, only plain seltzer would have the same 'water' value as regular water. The choice is a matter of taste rather than benefit. Neither is better or worse for you.

Would you like to own your own PTI franchise?
Call Carol Kur, MSRD at 516.342.9064 ext 16 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 by ekaplan@personaltraininginstitute.com.
Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Personal Training Institute | 500 North Broadway | Jericho | NY | 11753