



The
PTI BUZZ
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Start your NEW YEAR'S minus one less resolution.



Weight loss:

Cut 500 calories a day from your diet and lose one pound a week: pick 5 out of 8 and your on your way!

1. Split a bagel with someone or wrap up half
2. Make your sandwich with light whole wheat bread
3. Pick tuna packed in water instead of tuna packed in oil
4. Leave 3 - 4 bites on your plate
5. Substitute 2 tbsp reduced calorie dressing instead of regular dressing
6. Share your dessert with someone else
7. Ask for a cup of soup instead of a bowl
8. Choose a side salad instead of fries as a side dish

Wrap 21 of your hoilday gifts now, and you have burned another 100 calories.

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