



**PERSONAL
TRAINING
INSTITUTE**



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

Happy Holidays!

2 glasses of wine= 1 hour bike ride
1 potato latke= 30 minute walk
1 slice pumpkin pie= 81 minute walk
1 gingerbread cookie= 18 minute swim

All it takes is an extra 100 calories a day (4 Hershey's kisses)
between Thanksgiving and New Years to gain 1 pound of body
fat!

Quick Reminders:

- Don't go to a party hungry
- Watch your portions
- Stick to your regular exercise routine
- Moderate your intake of alcohol

**I love suggestions, so
if you would like to
submit a topic for a
future tip, please
email it to me.**

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