



The
PTI BUZZ
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**Eat, Drink and be Merry
and Have a Happy New
Year !!!!**



If you haven't already included a healthy diet and exercise program into your life , New Years Eve is not the time to agonize. The PTI BUZZ is there to provide you with information weekly to help you reach your goals. Happy and Healthy New Year to All !!!!

DO enjoy your friends and family
DO not hesitate to indulge a bit
DO drink responsibly and toast to the New Year
DO have fun and Do not think about the extra calories
DO know that you always can get right back on your PTI program

**DANCE , DANCE , DANCE, AND BURN
CALORIES THE FUN WAY!!!!!!**

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