



The

**PTI BUZZ**

Carol Kur, MSRE

**Quick Links**

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

### Best and Worst Breakfast Cereals

The Best Breakfast Cereals: no trans fat, no saturated fat, little to no sugar high in fiber.

- Cheerios
- Shredded Wheat
- Fiber One
- Grape Nuts
- Wheaties
- Total
- GOLEAN Cereal
- All-Bran
- Wheat Chex

The Worst Breakfast Cereals: contains 10 or more grams of sugar per serving and contains trans fat

- Honey Smacks
- Corn Pops
- Apple Jacks
- Franken Berry
- Trix
- Eggo Cereal Maple Syrup
- Basic 4
- Smorz
- Froot Loops

35 minutes of water aerobics will burn 150 calories

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

[Forward email](#)

**SafeUnsubscribe®**

This email was sent to ekaplan@personaltraininginstitute.com by [jpuglin@personaltraininginstitute.com](mailto:jpuglin@personaltraininginstitute.com). Instant removal with [SafeUnsubscribe](#) | [Privacy Policy](#).

Email Marketing by



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