



The
PTI BUZZ
Carol Kur, MSRD

Quick Links

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



Halloween Treats

Before you go candy shopping you should know which treats are tricky:

- Smarties:** 1 roll: 25 cal, Fat: 0g
- Dum Dum Lollipop:** 1 lollipop: 25 cal, Fat: 0g
- Jolly Ranchers:** 3 pieces: 50 cal, Fat: 0g
- Candy Corn:** 10 pieces: 60 cal, Fat: 0g
- Tootsie Pop :** 1 lollipop: 60 cal, Fat: 0g
- Skittles:** 1 bag (fun-size): 80 cal, Fat: 1g
- Junior Mints:** 1 box (fun-size): 80 cal, Fat: 1.5g
- Milky Way:** 1 bar (fun-size): 75 cal, Fat :3g
- Snickers:** 1 bar (fun-size): 80 cal, Fat: 4g
- Twix:** 1 bar (fun-size): 80 cal, Fat: 4g
- Peanut M&M's:** 1 bag (fun-size): 90 cal, Fat: 4.5g
- Twizzlers:** 4 small pieces: 133 cal, Fat: 1g
- Butterfinger:** 1 bar (fun-size): 100 cal, Fat: 4g

JOIN PTI FACEBOOK TODAY!!!!
Personal Training Institute

Leaves are changing colors with the cooling temps, Take a hike and you'll burn 295 calories in 50 minutes!!!!

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

[Forward email](#)

✉ [SafeUnsubscribe®](#)

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

Email Marketing by



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