



The

PTI BUZZ
Carol Kur, MSRD

Quick Links

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

Healthy Halloween Treats



You still have time to trade in the candy this year for some healthy Halloween treats:

- Trail Mix individually packaged
- Dark Chocolate - dark chocolate is an excellent source of antioxidants.
- Granola bars
- Yogurt or carob covered raisins.
- Almonds, or other nuts individually packed
- Pretzels
- Fig Newton's.
- Cheese and Cracker packages
- 100 calorie snack packs
- microwave popcorn(before popping)

JOIN PTI FACEBOOK TODAY!!!!

Personal Training Institute

Pumpkin picking can burn up to 200 calories and hour!!!!

www.personaltraininginstitute.com

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