



The
PTI BUZZ
Carol Kur, MSRD

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15 Foods to help you
Lose Weight!!!!



Just in case you couldn't resist the Halloween candy, here are some foods to help you jump start your weight loss.

Lean protein
Kale
Oats
Lentils
Goji berries
Wild salmon
Buckwheat pasta
Apples
Blueberries
Almond butter
Pomegranates
Chiles
Yogurt
Quinoa
Sardines

JOIN PTI FACEBOOK TODAY!!!!
Personal Training Institute

Try and hit some fall festivals and burn up to 200 calories walking around and carrying your holiday gifts.

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