



## Happy Monday, ISO FIT NATION!

This week's menu is now available! Go to [isofitmeals.com](https://isofitmeals.com) and check out our latest offerings, as well as some classic ISO FIT favorites. Please place your order by noon on Friday, April 5th, to take advantage of our delicious and nutritious meals.

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### Your Monday Motivation for the Week of April 1st

When you feel the stress coming on, try this mini meditation session: Take a long, deep breath through your nose and exhale out of your nose two to three counts longer than your inhalation. Repeat for 60 seconds and feel your calm return.

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### Promo of the Week: Loving

## Mondays

Kick off Spring and a new week with our Loving Mondays Promo!

Order before Midnight tonight and receive 20% off your entire order.

Simply enter promo code LOVEMONDAY to enjoy the gift of savings.



## Delivery Window Reminder

As a reminder, our meal delivery window is Sunday between 11 am and 3 pm. If you opt to have your order delivered, please ensure that you are available to receive your order during this window.

This helps our drivers stay on schedule and ensures all of our clients receive their orders in a timely manner.

If you have an emergency or other special circumstances that require alternate delivery arrangements, please email us at [Support@ISOFIT.com](mailto:Support@ISOFIT.com)



## April is National Stress Awareness Month

Everyone feels stressed from time to time, especially as we get older and the responsibilities really pile onto our plate.

The thing about stress is, a little bit of it

isn't necessarily a bad thing, but too much of it can be detrimental to our emotional and physical health. Prolonged stress even leads to real physical problems and can cause strokes, IBS, ulcers, diabetes, muscle and joint pain, and many other health issues.

Learning to find that healthy balance is the best way to live a productive, happy life. This month, recognize the difference between good and bad stress and try to

find your happy place within the madness.

Here are some great ways to keep your mind clear and de-stress if you find yourself getting too overwhelmed.

1. **Exercise.**

Exercising  
gets  
endorphins  
pumping  
through  
your  
brain,  
which  
triggers  
a  
happy  
feeling.  
Exercise  
also  
lowers  
your  
body's  
stress  
hormones  
like  
cortisol,  
and  
releases  
chemicals  
that  
make  
you  
feel  
more  
at  
peace.

2. **Think  
about  
taking**

natural  
supplements\*\*  
to  
help  
you  
feel

more  
at  
ease.  
Some  
people  
have  
found  
that  
natural  
remedies  
like  
lemon  
balm,  
omega-  
3  
fatty  
acids,  
ashwagandha,  
green  
tea,  
and  
essential  
oils  
can  
be  
very  
helpful.

3. **Schedule  
relaxation  
time.**

Light  
a  
candle  
or  
turn  
on  
the  
oil  
diffusers,  
put  
on  
some  
soft,  
soothing  
music  
and

dim  
the  
lights.  
Take  
a  
deep  
breath  
and  
count  
your  
blessings.

4. **Reduce  
caffeine  
intake.**

Caffeine  
intake  
reduction  
can  
help  
because  
caffeine  
tends  
to  
make  
us  
jittery,  
which  
can  
cause  
stress  
and  
anxiety.

5. **Use  
your  
support  
system.**

Spend  
time  
laughing  
with  
friends  
and  
family.  
Let  
yourself  
have

a  
good  
time  
and  
get  
your  
mind  
off  
the  
pressures  
of  
the  
real  
world.

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## REMINDER: Meal Pick-up is BACK!

Do delivery fees get you down? Well, we have great news...our meal pick-up option is back!

That's right, you now have the option skip the delivery fee and pick up your ISOFIT order. Simply select "In-Person Pick-up" during check out and then come visit us at our new storefront location at the address below:



**3999 Austell Rd, Suite 355  
Austell, GA 30106**

Meal pick-up will be available on Sundays between 10 am and 2 pm.

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**"You can't always control what goes on outside, but you can  
always control what goes on inside."**

– Wayne Dyer



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