



Happy Monday, ISO FIT NATION!

This week's menu is now available! Go to 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 19th, to take advantage of our delicious and nutritious meals.

Your Monday Motivation for the Week of April 15th

Schedule some time this week to do an at-home workout with your family or friends. Working out with your support system can make exercise more fun!

Promo of the Week: Super Early Bird Savings



This week we are offering incredible savings to all of our super early bird customers.

To take advantage of this offer, simply place your order before Midnight Tuesday and use promo code SUPEREARLYBIRD to get 20% off your order.

NOTE: Promo excludes Chef's Selections orders

REMINDER: New Expanded Keto Menu

Due to popular demand, we have expanded our Keto Menu to include five options each week.

Check out this week's menu which features these FIVE delicious options for our Keto-loving clients:

- Chili
Salmon
with
Tomato
&
Asparagus
- Ranch
Pork
Chops
- Turkey
Bolognese
over
Zoodles
- Tuscan
Chicken
Spaghetti
Squash
- 5
Spice
Vegetable



Click [HERE](#) to order

Stir-
Fry
(Add
protein)



The Best Exercises to Relieve Stress

While many people exercise to control their weight or improve their health, exercise also reduces levels of the body's stress hormones, such as adrenaline and cortisol. It also stimulates the production of

endorphins, the body's natural painkillers and mood elevators.

As part of our Stress Awareness Month series, here is a list of some of the best stress-busting exercises:

Strength Training - Strength training can have a profound impact on stress levels and mood. Just like any form of exercise, strength training provides feel good hormones, but lifting also delivers the satisfaction you get from really pushing yourself, and subsequently, feeling and seeing yourself get stronger.

Aerobic Exercise - Participating in aerobic activities such as running, spinning, cardio or dance also offer the benefit of an increased heart rate. When your heart rate goes up, your body will release an increased amount of endorphins, which are natural opiates that allow you to “feel good”. These activities help you to feel better both physically and mentally.

Yoga - This type of exercise is considered a mind-body exercise, which in itself can strengthen your body's internal response to stress. Yoga often involves various poses with deep breathing, which allows you to learn to relax while strengthening your body and improving your posture.

Martial Arts - For many people, martial arts is the perfect way to get in shape, release energy, and let off tension. Martial arts also allow you to learn self-discipline and self-defense while keeping you in shape.

Kickboxing - For many people under stress, there is a strong feeling of tension and anger. Taking up kickboxing is a great way to reduce your stress through a

series of punching and kicking movements. Improving your balance, burning calories, and becoming more flexible are among the many benefits of this form of exercise.

Pilates - Despite the fact that Pilates is considered an anaerobic exercise, it can also be a great stress-reliever. Pilates focuses on mat exercises with a series of controlled movements and can help you improve your focus, strength, endurance, and flexibility.

Source: www.fitnessblender.com

Save Delivery Fees with Meal Pick-up

Don't forget, 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.

"Training gives us an outlet for suppressed energies created by stress and thus tones the spirit, just as exercise conditions the body."

– Arnold Schwarzenegger



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