



Happy Monday, ISOFIT NATION!

This week's menu is now available! Go to isofitmeals.com and check out our latest offerings, as well as some classic ISOFIT favorites. Please place your order by noon on Friday, April 12th, to take advantage of our delicious and nutritious meals.

Your Monday Motivation for the Week of April 8th

Counter the stress of the week with an at-home spa treatment. Whether you make it an all-day affair, or just take an extra long bath, make sure you make time for you.

Keto Menu Expanded

Due to popular demand, we have expanded our Keto Menu offerings. Check out this week's menu which features these FIVE delicious options for our Keto-loving clients:

- Buttered
Cod
&
Spinach
- Spicy
Shrimp
&
Mash
- Butter
Chicken
- Chicken
&
Broccoli
Alfredo
- Crack
Slaw



Click [HERE](#) to order



Promo of the Week: Early Bird Discount

Place your order before Wednesday at 5:00 p.m. ET and use one of the coupon codes below to earn spectacular savings.

- Earlybird15pack
for
20%
off
your
order
of
15
meals
or
more!!!
- Earlybird10pack

for
15%
off
your
order
of
10
to
14
meals

■ Earlybird5pluspack

for
10%
off
your
order
of
5
to
9
meals

Four Things to Know About Stress

In honor of National Stress Awareness Month, here are four stressful facts you need to know.



1. Stress can help — sometimes

According to the National Institute of Mental Health, "stress can motivate people to prepare or perform and might even be life-saving in some situations."

2. It's sickening — literally

People under stress – especially those prone to chronic stress — are more susceptible to a variety of ailments, from headaches and insomnia to high blood pressure and heart disease.

3. Stressed? Here's why

A survey by the American Psychological Association found that the five factors most often cited as a source of stress were money, work, family, economic outlook and relationships.

4. America's highest and lowest stress states

A report on WalletHub found that the most stressed-out states in America are Louisiana, New Mexico and West Virginia. The least? Minnesota, North Dakota and Utah.

How can you manage your own stress?

Practice meditation

One of the most effective ways to deal with stress is to learn how to silence the mind. Meditation is one of the most popular methods of achieving this quiet.

Exercise

Another way to battle the debilitating effects of stress is to exercise. Whether you're a jogger, bicyclist or just like to take long walks, be sure to get some fresh air and exercise into your daily routine.

Visit your doctor

They're really in the best position to get you started on the path to a stress-free lifestyle. Make an appointment today.

Source: <https://nationaltoday.com/stress-awareness-month/>

REMINDER: Meal Pick-up is BACK!

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.

"Don't stress the 'could haves'; if it should have, it would have."

– Unknown



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