180FIT Meals

Save the Date for our Grand Opening!

Your are cordially invited to attend our Fit Foodies restaurant grand opening celebration!

We'll have a DJ providing tunes, a bartender providing cocktails, and --of course-- we will provide the FOOD! We will also have games and a jump house for the kids.

DATE: Saturday, September 7

TIME: 11:30 am - 5:00 pm; Ribbon Cutting at Noon

LOCATION: 3999 Austell Rd, Ste 355, Austell, GA

Our Fit Foodies menu was developed based on ISOFIT Meals' customer and staff favorites and nearly all menu items are within the 500-calorie range.

We also offer flexible options to lower carb and calorie counts, e.g. substituting cauliflower rice for white rice.

In addition to our regular menu, Fit Foodies also has delicious smoothies, making it the perfect stop after work or post-workout.

Last but not least, Fit Foodies also has our ISOFIT Meals2Go outlet.

Forget to order your meals for the week? Well, you can come by the restaurant and pick up items from that week's menu.

As you can see, Fit Foodies is where it's at, so make plans to join us for our Grand Opening!
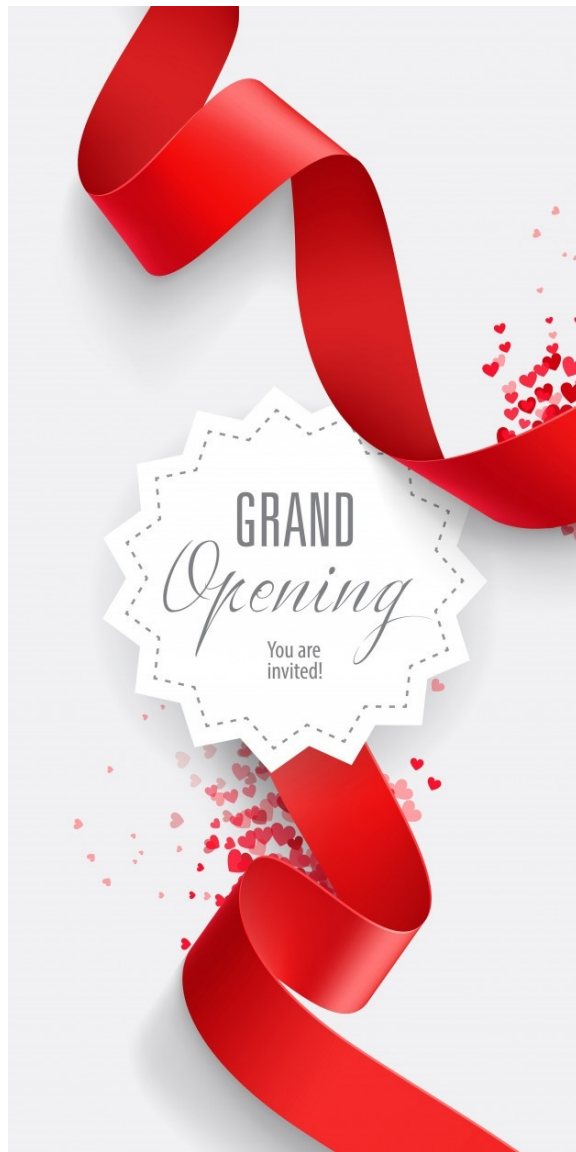
HAPPY MONDAY, ISOFIT NATION!

It is hard to believe that Summer is drawing to a close and Labor Day is right around the corner! Doesn't it feel like the year speeds up after Labor Day? Next comes Halloween, then Thanksgiving, and then Christmas is here before you know it! Well, we give you permission to rest up, say "no", and use up some of those vacation days. Celebrate these remaining lazy days before the holiday rush kicks in. ISOFIT has you covered!

Check out our menu at isofitmeals.com and remember to place your order by noon on **Friday, August 16th**, to take advantage of our tasty, nutritious meals.

Your Monday Motivation for the Week of August 19th

Those who are lucky enough to get vacation time often don't put it to use. A recent survey found that 32 percent of people used zero of their allocated days last year!

This week, make an effort to plan out the rest of your 2019 vacation days. Taking a break is super important for your well-being. Can't take a real vacation? Try a mental health day, instead.

Promo of the Week: Early Bird

Place your order before Midnight, Wednesday, August 21, 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

*Offers exclude Chef's Selections.

Weekly Savings

This week you can enjoy 17% off all of our breakfast items and select snacks! That's $1 off regular menu prices for the following items:

- Egg Cups (Turkey or Ham)
- Sausage Sweet Potato Hash
- Taco Scramble
- Protein Blast
- Keto Chicken Salad

6 Reasons to Take a Mental Health Day

Everyone gets exhausted from working too much — and you are no exception. That's where a mental health day can

come to the rescue.

Research shows that Americans rarely take time off from work, yet there are so many benefits to taking some space from the confines of your cubicle.

Below are a few healthy excuses to take a day off just for yourself:

1. It helps with stress
Long hours coupled with demanding to-do lists are enough to make anyone feel exhausted. Research shows that work is one of the leading causes of stress. Workplace burnout can become a serious issue if it's not addressed properly, which is why London recommends taking a day for yourself if you're feeling overwhelmed or bogged down more than usual.

2. You can explore your own neighborhood
When was the last time you stopped to appreciate the beauty of where you live? With a mental health day, your schedule is cleared for you to do so. You can check out a local fair or spend a few moments in your closest park (Bonus: It'll improve your mood in the process). Whatever you do, make it an adventure. Research shows experiences make you happier.

3. You'll be more productive when you come back
Breaks are like oxygen for your brain. You're giving your mind a chance to decompress, which research shows can help boost productivity and creativity in the long run. In other words, you're essentially helping your company by taking a day off.

4. You can finally tackle your to-do list
No, not the one on your desk. Your personal to-do list. Have you been meaning to clean the living room? Try that new lunch joint? Now's the time to do it. Giving yourself a chance to catch up on personal pleasures will allow you to return to your desk in a better state of mind.

5. You can get some much-needed Zs
Experts agree that an ideal workday would start at 10 a.m. so employees can sleep and be at their most productive, but since that's likely not happening anytime soon, a mental health day can help alleviate some of the exhaustion. Take some time to rest — naps help! — and return to work wide awake and ready to conquer your tasks.

6. You'll feel refreshed when it's over

Ultimately, mental health days allow you to unplug from your inbox and refocus — and that can make you a happier, healthier employee. Sounds like a good spot to be in. See you on the other side of your out-of-office reply.

SOURCE: Huffpost.com

"Caring for the mind is as important and crucial as caring for the body. In fact, one cannot be healthy without the other."

– Sid Garza-Hillman

Like   Tweet

Web Version   Preferences   Forward   Unsubscribe