



## HAPPY MONDAY, ISO FIT NATION!

Check out this week's delicious offerings at [isofitmeals.com](https://isofitmeals.com). Please place your order by noon on **Friday, July 19th**, to take advantage of our tasty, nutritious meals.

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### **Your Monday Motivation for the Week of July 15th**

Make your bed every day this week. No act of organization is too small. And it just might help you sleep better, too!

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### **Promo of the Week: Feel the Heat!**

Summer is heating up and so are our

savings! We are doubling up on our promotions this week to give you two opportunities to save with our Super Early Bird OR our Early Bird promotions.

Save 20% off your entire purchase when you submit your order before Midnight tonight\*. Enter promo code **SUPEREARLYBIRD** to receive your discount.



Or you can take advantage of our regular early bird special by placing your order by Midnight Wednesday\* and using 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

\*Offer excludes Chef's Selections.



## New Savory Snack

We are excited to announce that we have added a new savory snack to our menu this week - Keto Chicken Salad!

Served with a side of crunchy carrots and zucchini, this delicious and nutritious chicken salad is just 200 calories, but is

packed with 18g of protein to keep you satisfyingly full between meals.

Click [HERE](#) to order yours today!

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## 5 Health Benefits Of Being Organized

Yes, there actually are health benefits associated with being organized, and they make the hard work of cleaning up seem totally worth it! Being

organized and open to cleaning our homes, desks, yards, etc., we're actually doing our bodies really good.

Here are five health benefits of being organized.

### **1. It Can Boost Your Energy**

Getting organized has the ability to give you that much-needed energy boost, according to WebMD. If you're feeling a slight slump in your day and can't seem to shake it, try taking a few minutes to organize your desk and work area. According to WebMD, taking this time to get yourself organized can help you to work more energetically for the rest of the day.



### **2. It Can Lead To Better Eating Habits**

A study from Psychological Science found being organized can actually have a positive input on what you're eating. Specifically, the study found people who worked in a neat space were two times as likely to pick an apple to eat versus a chocolate bar when compared to those who were working in an organized, messy work space. Want to avoid snacking on junk food at your desk? Keep it organized, and that urge to choose foods that make you feel groggy or bloated might soon diminish.

### **3. It Can Improve Your Sleep Habits**

According to the Huffington Post, clutter in your bedroom can be stressful to you, causing you to lose out on precious sleep. To combat it, use this time of year to overhaul your room and organize it in a neat and clutter-free manner. Aside from decluttering, stay organized, too, by making your bed every morning. According to Reader's Digest, those who make their bed report a better night's sleep than those who don't.

### **4. It Can Reduce Stress And Make Us Happier**

According to a study from Personality and Social Psychology Bulletin, people with cluttered homes, or homes filled with unfinished projects, were more depressed, fatigued and had higher cortisol levels than their counterparts who described their homes as restful and restorative. Cortisol is the body's stress hormone — so when that goes up, our feelings of stress are amplified. Based on the study, if we want to prevent these negative effects, we should strive to keep our homes organized.

### **5. It Can Lower Your Heart Attack Risk**

Cleaning and organizing can truly lower your risk of having a cardiovascular event, according to Reader's Digest. The outlet reported on a Swedish study that found people who did the most yard work, housecleaning, and DIY projects had about a 30 percent lower risk of a first-time cardiovascular event, such as a heart attack or stroke versus those who were the most sedentary. Yet another excuse to get up and get to organizing and moving. It seems cleaning can literally help save your life.

Source: Bustle.com



## **REMINDER: Fit Foodies Restaurant Coming Soon!**

We've been working hard this year to expand and grow ISOFIT to provide more options for our customers. And all of that that hard work is now paying off!

We are thrilled to announce that we will be opening our first restaurant next month!

The restaurant, which we are calling Fit Foodie, will open in our existing ISOFIT Meal store front location in Austell. Our hours will be:

**Monday** Closed

**Tuesday** 11AM – 8PM

**Wednesday** 11AM – 8PM

**Thursday** 11AM – 8PM

**Friday** Closed

**Saturday** 12PM – 8PM

**Sunday** 11AM – 6PM

In addition to many of the same delicious offerings you enjoy with ISOFIT Meals, the restaurant will also offer fresh new menu items for you to experience.

As members of the ISOFIT Nation, you are invited to join us for our Grand Opening, so keep an eye out for our "Save the Date" coming soon!

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**“It takes as much energy to wish as it does to plan.”**

– Eleanor Roosevelt



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