



## **HAPPY MONDAY, ISOFIT NATION!**

We had a nice week off to celebrate Independence Day and hope you enjoyed your holiday as well. But we are back and ready to work off some of those Fourth of July hot dogs, hamburgers, and pies!

It's easy to get back on track after a little holiday indulgence with ISO FIT's healthy menu options. Check out this week's delicious offerings at [isofitmeals.com](http://isofitmeals.com). Please place your order by noon on **Friday, July 12th**, to take advantage of our tasty, nutritious meals.

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### **Your Monday Motivation for the Week of July 8th**

Prevent sunburn and the health-damaging effects of UV rays from the sun by applying sunscreen every morning.

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**Promo of the Week: Tasty**

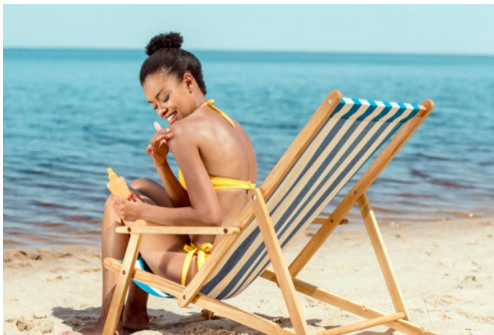
## Tuesday

Kick off your post-holiday burn off with our Tasty Tuesday promotion.

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



\*Offer excludes Chef's Selections.



## July is UV Safety Month

The U.S. Department of Health and Human Services has named July as Ultraviolet (UV) Safety Month. The goal is to spread the word about how important it is to protect your skin from the harmful effects of UV rays.

Damaging UV rays can penetrate all types of skin, regardless of ethnicity. And while skin cancer rates are significantly lower in African Americans and Hispanics than in Caucasians, low risk doesn't mean no risk. The annual incidence of melanoma is 5 in 100,000 for Hispanics and 1 in 100,000 for African Americans (compared with 26 in 100,000 for Caucasians), according to the American Cancer Society.

Here are some easy tips for sun safety for all skin types:

- Look for a broad spectrum sunscreen with UVA and UVB protection, with

an  
SPF  
of  
at  
least  
30.

- Reapply  
sunscreen  
during  
the  
day

—  
about  
every  
80-  
90  
minutes,  
especially  
after  
swimming.

- Limit  
your  
time  
in  
the  
sun  
between  
10  
AM  
and  
4  
PM,  
when  
the  
sun's  
rays  
are  
the  
strongest.

- Wear  
a  
wide-  
brimmed  
hat  
and  
sunglasses

that provide UVA and UVB protection.

- After showering, use a moisturizer regularly to trap water in the skin to maintain hydration.

Sources: [nbcnews.com](http://nbcnews.com), [consumerreports.org](http://consumerreports.org)

## Post-4th of July Workout



15 PUSH UPS

50 MOUNTAIN CLIMBERS

25 SQUATS

25 BURPEES

60 SECOND PLANK

20 LUNGES (EACH LEG)

15 PUSH-UPS

25 CRUNCHES

Repeat 3X

Erin Young Fitness



## **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 at the end of the 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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**"Be good to your skin. You'll wear it every day for the rest of your life."**

**– Renee Rouleau**



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