



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

This week's delicious menu offerings are now available at [isofitmeals.com](https://isofitmeals.com). Please place your order by noon on **Friday, June 7th**, to take advantage of our delicious and nutritious meals.

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### **Your Monday Motivation for the Week of June 3rd**

When you wear heels, take 30 seconds to stretch your calves at the end of the day. How? Try [downward dog pose](#).

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## **Promo of the Week: Tasty Tuesday**

Order by Midnight, Tuesday, June 4th,

and save 20% off your entire order!\*

Simply enter promo code  
TASTYTUESDAY at checkout to save  
big.

\*Offers exclude Chef's Selections.



## Savings Alert! Get Food for Feedback

We want YOUR feedback on what we can do to improve ISOFIT. Are there certain menu items that prevent you from ordering some weeks? Or perhaps you have ideas on how to improve the check out process.

Whatever it may be, we want to hear from you!

Just email your feedback to  
Support@isofitmeals.com by Friday at Noon and you will receive a free breakfast with this week's order.

When placing your order, take a look at this week's breakfast menu and enter your choice in the special notes section during check out.

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## Spell Your Name Workout

Looking for some new workout ideas? Well check out this fun idea from the folks at [www.changeinseconds.com](http://www.changeinseconds.com).

The directions are simple: Scroll to the graphic below and spell your name, then perform the exercise that corresponds with each letter. If you are a beginner or need a quick workout, just do your first name. For an even more intense workout or if you have a very short first name, add your last name...or even add your middle name!

Combine this routine with a healthy diet and you will definitely see results!

For more information, including instructions on the proper way to do each

# Spell your Name

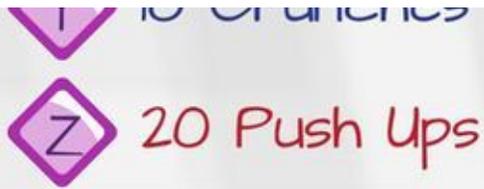
## Now... Work Out!

- A 50 Jumping Jacks
- B 20 Crunches
- C 30 Squats
- D 15 Push Ups
- E 1 Minute Wallsit
- F 10 Burpees
- G 20 Sec. Arm Circles
- H 20 Squats
- I 30 Jumping Jacks
- J 15 Crunches

R

-  10 Push Ups
-  2 Minute Wallsit
-  20 Burpees
-  40 Jumping Jacks
-  25 Burpees
-  15 Sec. Arm Circles
-  30 Crunches
-  15 Push Ups
-  30 Burpees
-  15 Squats
-  30 Sec. Arm Circles
-  3 Minute Wallsit
-  20 Burpees
-  60 Jumping Jacks
-  10 Crunches

E  
P  
E  
A  
T  
2X



**change IN seconds**



### **Ice Pack Reminder**

If you are using our new ISOFIT Cooler Bags, please remember to put your ice packs in your bags when placing them outside your door.

This allows our drivers to replace your ice packs with newly frozen packs and return the old ice packs to our facility for use in future deliveries.

If you have any questions, please give contact us at [Support@ISOFITmeals.com](mailto:Support@ISOFITmeals.com).

**"Dead last finish is greater than did not finish, which trumps did not start."**

– Anonymous



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