



Happy Monday, ISOFIT NATION!

Check out this week's delicious menu offerings at isofitmeals.com. Please place your order by noon on Friday, May 17th, to take advantage of our delicious and nutritious meals.

Your Monday Motivation for the Week of May 13th

This week, make it your goal to replace one caffeinated beverage with a glass of milk or an enriched milk alternative such as soy or almond milk. Your bones will thank you for it.

Congrats to Our Week 1 Instagram Contest Winner!

Congratulations to our first winner, Ebone Kittles. Her winning post (featured at left) has earned her THREE



FREE chef's choice meals

If you would like to win some free meals, **just show us some Instagram love as part of our ISO FIT Show the Love promotion!**

To qualify, simply post a photo on Instagram and tag @ISO FITMEALS in your post.*

What kind of photo? Well, that's up to you...it could be a photo of your ISO FIT Meal, a pic of your weight loss journey, or even a shot of you reading our newsletter!

You will be entered into a drawing for three free chef's choice meals. We will select a winner each week for the month of May.

So get to posting and show your love for ISO FIT!

**Instagram posts must be true posts -- not Instagram stories -- to qualify for this promotion.*

Do You Have Your ISO FIT Cooler Bag Yet?

We have upgraded our cooler bags and improved the checkout process to make things easier for our customers.



To get your own ISO FIT cooler bag, simply select "Cooler Bag Delivery" at check out and our drivers will deliver your next order in your new bag, which will keep your meals cool for up to three hours.

Note that there is a \$5 surcharge for the bag and ice packs. However, the bags and ice packs are reusable, which means you can use them again for future orders and skip additional surcharges.

To use your bag for future orders, simply select "Existing Cooler Bag" at check out. Selecting this option will notify our delivery team that you are using an existing cooler bag for your order and ensure you are not charged for an

additional bag. On your delivery day, you will simply place your bag outside your door with the re-frozen ice packs. Our drivers will then place your meals in your existing bag.

Please note that your safety is of the utmost importance to us, so our drivers will not be able to leave orders without a cooler bag. If you forget to leave your bag for the drivers, we ask that you plan to pick up your order from our store front location.

If you have any questions, please give contact us at Support@ISOFITmeals.com.



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

May is Osteoporosis Awareness Month

Osteoporosis can lead to an increased risk of bone fractures, typically in the wrist, hip, and spine. Often called a silent disease because bone loss occurs without symptoms, people may not know that they have osteoporosis until their bones become so weak that a sudden bump or fall causes a fracture.



Did You Know?

One out of every 2 women and 1 in 4 men aged 50 and older will have an

osteoporosis-related fracture

in their lifetime. While men and women of all ages and ethnicities can develop osteoporosis, certain risk factors are linked to the development of osteoporosis and contribute to an individual's likelihood of developing the disease.

■ Gender

—
Women have a greater chance of developing osteoporosis due to less bone tissue and changes that occur due to menopause.

■ Ethnicity

—
Caucasian and Asian women are at highest risk. African American and Hispanic women have lower but significant

risk.

■ Diet

–

An inadequate intake of calcium and vitamin D over a lifetime makes an individual more prone to bone loss and contributes to the development of osteoporosis.

■ Lifestyle

–

An inactive lifestyle or extended bed rest tends to weaken bones.

■ Family history

–

Fracture

risk
may
be
due,
in
part,
to
heredity.

■ Smoking

–

Women
who
smoke
have
lower
levels
of
estrogen
compared
with
nonsmokers,
often
go
through
menopause
earlier,
and
may
also
absorb
less
calcium
from
their
diets.

■ Alcohol

–

Those
who
drink
heavily
are
more
prone
to
bone

loss
and
fracture,
because
of
poor
nutrition
and
increased
risk
of
falling.

Osteoporosis is a preventable and treatable disease. Early diagnosis and treatment can reduce or prevent fractures.

For more information, click [HERE](#) to visit the National Osteoporosis Foundation website.



**F45
8 WEEK
CHALLENGE**
29 APRIL - 23 JUNE
DAILY MEAL PLAN
VIDEO TIPS & IDEAS
45 POINT PLAN



REMINDER: Check Out F45 Training North Smyrna for FREE!

Last week we shared the news about our exciting new partnership with F45 Training North Smyrna. Well, today we

have more exciting news to share!

F45 Training North Smyrna is offering a FREE TRIAL where you can experience unlimited classes for one full week!

Simply go to <https://f45training.com/NorthSmyrna/trial/> to sign up for your one-week free trial. We know you will be amazed by all they have to offer!

New to F45? F45 is a revolutionary training system that is changing lives around the globe. Born in Australia, this phenomenal system is the most innovative, challenging, and systemised team training workout in the world.

The North Smyrna facility is now featuring ISOFIT as a healthy meal option as part of their latest 8 Week Challenge. This program is designed to help you achieve your goals in every way possible. Whether you are looking to reach your

goal weight, tone up, or increase your fitness level, F45 can provide you the tools and support you need to succeed.

Want to know more about F45 or interested in joining the F45 8 Week challenge? Visit F45 North Smyrna at 2440 Atlanta Rd SE Suite 400 Smyrna, GA 30080 for more information.

**"To thrive in life you need three bones: a wishbone, a backbone,
and a funny bone."**

– Reba McEntire



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