



HAPPY MONDAY, ISOFIT NATION!

Soon, the days will get shorter, the trees will turn colors, and the air will carry the scent of burning leaves. Though the thermometer may have you believe otherwise, this is the last official week of Summer. We are sending the season out in style with a new promotion and ushering in the Autumn with our featured menu ingredient. Keep reading for more details!

This week's ISOFIT Meals menu is now available. Check it out at isofitmeals.com and remember to place your order by noon on **Friday, September 20th**, to take advantage of our tasty, nutritious meals.

Your Monday Motivation for the Week of September 16th

This week, try starting a strength-training routine. Building muscle can help protect you against injury and even sharpen your cognitive skills. Start small with bodyweight exercises like those in the sample workout at the end of this newsletter. You can add weights and intensity as you grow stronger.



Promo of the Week: So Long, Summer!

Before we trade complaining about the heat for complaining about the cold, we want to send Summer out with a bang!

Order by Midnight, Wednesday, September 18th and receive 25% off

your order of \$40 or more.

Just enter promo code **BYESUMMER** to save big!*

*Offer excludes Chef's Selections.

ISOFIT2GO Is Here!

How many times has the week gotten away from you and the next thing you know, it's after Noon on Friday and you've missed the opportunity to place your ISOFIT Meals order?



Well, ISOFIT2GO is the solution for the "Missed the Order Window Blues"!

Each week, we will stock select ISOFIT Meals at our Fit Foodies location. Simply come by the restaurant and ask our staff what ISOFIT2GO items are available for purchase. Then head home happy in the knowledge that you are stocked up with healthy meals for another week!

Please note that quantities are limited, so plan to come early in the week!



The Benefits of Butternut Squash

This week we have menu items featuring butternut squash - our tasty [Roasted Veggies with Feta Couscous](#) and our delicious [Smoked Sausage with Brussels Sprouts and Butternut Squash](#).

Butternut squash is one of our favorite fall ingredients because this versatile vegetable has a number of health benefits:

Prevents high blood pressure A one-cup serving of butternut squash contains almost 500 mg of potassium, which can help decrease your blood pressure by counteracting the effects of sodium in your diet.

Promotes regularity One cup of butternut squash also contains almost 7 grams of fiber, which can help prevent constipation and maintain a healthy digestive tract by supporting healthy bacteria in the gut.

Improves eyesight One serving of butternut squash has over 350 percent of the recommended daily allowance (RDA) of vitamin A, which is uber-important for healthy eyesight.

Keeps bones strong Since it contains about 17 percent of your RDA of manganese, butternut squash can help your body maintain healthy bone structure, calcium absorption, and improve the mineral density of the spinal column.

Protects your skin Butternut squash also contains nearly half of your daily dose of vitamin C, which has been linked to healthier skin: one study found that higher intakes of the vitamin were linked to a lower likelihood of wrinkles and dryness.

Boosts immune function While vitamin C may not cure a cold, it may help reduce your risk of developing further complications, such as a lung infection or pneumonia. It may also help protect you from other immune system deficiencies, such as cardiovascular disease.

Reduces inflammation Because of its high antioxidant content, butternut squash may have anti-inflammatory effects, helping you to reduce your risk of inflammation-related disorders like rheumatoid arthritis.

Aids in weight loss

With fewer than 100 calories, 26 carbohydrates, and almost no fat per serving, it





goes without saying that butternut squash is the cheese to your diet's macaroni. The fiber content alone helps increase satiety (the feeling of fullness), which can help you manage your weight.

Source: organicauthority.com

15-minute bodyweight workout



When you're short on time or don't have access to any equipment, try this easy-to-follow 15-minute bodyweight workout

Instructions			
	Warm up by jogging on the spot for 3 minutes.		Perform each of the 5 exercises below. Complete as many reps as you can in 40 seconds, then rest for 20 seconds before moving on to the next exercise.
	Repeat the circuit twice.		Cool down by stretching for 2 minutes.



Although these exercises are designed to challenge your body, you shouldn't feel pain when performing them. If you do feel pain, talk to your doctor or physiotherapist. They will make sure you're doing them correctly or may suggest a different exercise.

"It's nice to squash people's expectations."

– Lauren Mayberry



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