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## HAPPY FALL, Y'ALL!

We know, we know...with temperatures in the 90s, it appears that Summer will linger a bit longer. But today is officially the first day of Autumn - the season of fall festivals, flannel, and FOOTBALL! We are celebrating the arrival of our favorite season with a feature on the pros and cons of Autumn, some spiced up exercises, and a cool new promotion. Keep reading for more information!

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This week's ISOFIT Meals menu is now available. Check it out at [isofitmeals.com](http://isofitmeals.com) and remember to place your order by noon on **Friday, September 27th**, to take advantage of our tasty, nutritious meals.

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**Your Monday Motivation for the Week of September 23rd**

Fall is the ramp-up to the holiday season, which is a time when many of us gain a few extra pounds thanks to increased stress, fewer daylight hours, and the abundance of high-calorie treats!

This week, commit to a fall fitness plan. With the cooler weather, it's the perfect time to go for a weekend hike, enjoy a daily lunchtime walk, or even sign up for a fun run!



## Promo of the Week: Hello Fall!

We are rolling out the welcome mat for one of our favorite seasons!

Order by Midnight, Wednesday, September 18th and receive 25% off your order of \$40 or more.

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

\*Offer excludes Chef's Selections.

## The Pros and Cons of Autumn's Arrival

**Pro:** Football is back!

**Con:** You have to ramp up your workout to offset tailgate treats.

**Pro:** Pumpkin Spice is back!

**Con:** Pumpkin Spice is everywhere.

**Pro:** The kids are back in school!

**Con:** School traffic doubles your commute time.

**Pro:** Mosquitos are buzzing off.

**Con:** Ragweed is making your hayfever go haywire!



**Con:** You can no longer find flavorful tomatoes, watermelons, and other summer produce.

**Pro:** "Tis the season for apples, pears, winter squash, and root vegetables!

**Con:** There are a lot fewer hours of sunshine in your day.

**Pro:** You start seeing some savings in your power bill!

**Con:** The pool is closed for the season.

**Pro:** Pumpkin patches and apple orchards are open for the season!

**Con:** Time to put away your flip flops.

**Pro:** Time to break out your boots!

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## The PSL Workout

Nothing says that Autumn is here quite like the annual arrival of the Pumpkin Spice Latte (PSL). If you have a hard time resisting this decadent drink, you can enjoy them guilt-free by adding another PSL to your day - a Pushup/Squat/Lunge workout. There are a few variations, but we are fans of this [workout from Reebok](#) or the version below from [styleinshape.com](#).

# PSL WORKOUT



10 PUSH UPS

20 SQUATS

30 LUNGES

**COMPLETE THREE ROUNDS**

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**[WWW.STYLEINSHAPE.COM](http://WWW.STYLEINSHAPE.COM)**



## 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!

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**"Just like the seasons, people have the ability to change."**

-- Laurie Buchanan



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