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### **HAPPY LABOR DAY, ISO FIT NATION!**

Traditionally, most people celebrate Labor Day by NOT doing labor. In fact, the ISO FIT team usually takes this week off to celebrate in a variety of ways...some of us enjoy grilling out, others head for the beach, and some of us enjoy binging our favorite Netflix series from the comfort of our couch.

This Labor Day has been a bit different, however. We've all been hard at work preparing for the grand opening of our new Fit Foodies restaurant. And since we

were already in the kitchen, it only made sense to post an ISOFIT Meals menu. You will notice that the menu is slightly abbreviated to allow us to concentrate on the restaurant opening, but we think you will like what we have available this week!

Check out the menu at [isofitmeals.com](http://isofitmeals.com) and remember to place your order by noon on **Friday, September 6th**, to take advantage of our tasty, nutritious meals.

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### **Your Monday Motivation for the Week of September 7th**

This Labor Day, take advantage of the downtime and select a book to read. Research shows reading can boost empathy and emotional intelligence. Not sure where to start? Check out the [New York Times bestsellers list](#) for inspiration.

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### **Promo of the Week: Early Bird**

Place your order before Wednesday at Midnight 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

\*Offers exclude Chef's Selections.

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### **REMINDER: Save the Date for our Grand Opening!**

Your are cordially invited to attend our Fit Foodies restaurant grand opening celebration!

We'll have a DJ providing tunes, a bartender providing cocktails, and --of course-- we will provide the FOOD! We will also have games and a jump house for the kids.

**DATE:** Saturday, September 7

**TIME:** 11:30 am - 5:00 pm; Ribbon Cutting at Noon

**LOCATION:** 3999 Austell Rd, Ste 355, Austell, GA

Our Fit Foodies menu was developed based on ISOFIT Meals' customer and staff favorites and nearly all menu items are within the 500-calorie range.

We also offer flexible options to lower carb and calorie counts, e.g. substituting cauliflower rice for white rice.

In addition to our regular menu, Fit Foodies also has delicious smoothies, making it the perfect stop after work or post-workout.

Last but not least, Fit Foodies also has our ISOFIT Meals2Go outlet.

Forget to order your meals for the week? Well, you can come by the restaurant and pick up items from that week's menu.

As you can see, Fit Foodies is where it's at, so make plans to join us for our Grand Opening!

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## **7 Surprising Labor Day Facts**

### **1. THE FIRST LABOR DAY CELEBRATION WAS SEPTEMBER 5, 1882 IN NEW YORK CITY.**

On that Tuesday, 10,000 citizens marched for labor rights down the streets of Manhattan. During this time the average American worked 12 hours a day, six days a week. It wasn't until the Adamson Act passed on September 3, 1916 that our modern eight-hour work day was established.



### **2. THE HOLIDAY IS OFTEN CONFUSED WITH "MAY DAY."**

Most other countries celebrate International Workers' Day, or "May Day," instead of Labor Day. The concept is the same, but it is celebrated on May 1 around the globe.

### **3. THE THEORY ABOUT WHY WE CAN'T WEAR WHITE AFTER LABOR DAY IS HIGHLY DEBATED.**

There are three hypotheses about the origins of the "no white after Labor Day" directive. The first theory, disagreed upon by many, is based on class distinction in the early 1900s. Although white clothing was clearly an upper class luxury, after the Civil War it became harder to distinguish women coming from old money or new money. The higher class ladies then made inane fashion rules to weed out those who were "out of place."

The second theory speaks to a more practical approach by pointing out that Memorial Day and Labor Day bracketed the summer season, and therefore lighter, summery, white clothes were no longer needed.

The last theory has to do with popular fashion magazines, who may have begun promoting fall clothing after Labor Day, and the trend was picked up.

Whatever the reason may be, it's safe to say the fashion rule is kaput. Just listen to Michael Kors who said, "Ignore the old rules. White after Labor Day is glamorous."

### **4. LABOR DAY IRONICALLY CAUSES SOME OF THE LONGEST WORKING HOURS FOR RETAIL WORKERS.**

Labor Day weekend is notorious for having crazy sales. But unfortunately, this means retail workers (a faction that makes up 6% of the country's employment system) have to work longer hours on a day specially dedicated to labor appreciation. In fact, many other professionals are expected to work on Labor Day as well including correctional officers, police officials, firefighters, nurses, and more.

### **5. LABOR DAY IS THE OFFICIAL END OF HOT DOG SEASON.**

We're serious. It's recorded as such on the National Hot Dog & Sausage Council website.

### **6. IT IS THE SECOND MOST DANGEROUS HOLIDAY WEEKEND TO DRIVE ON U.S. HIGHWAYS.**

According to CBS News, there were 308 casualties over Labor Day weekend between 2011 to 2015, following closely behind Memorial Day's 312 casualties. These particular holidays designate the beginning and ending of summer, where excitement is heightened and young people tend to be more reckless on the road.

## 7. THE HOLIDAY ALSO SYMBOLIZES OTHER ENDINGS AND BEGINNINGS.

Yes, Labor Day is the “unofficial end of summer” and the end of hot dog season. But it is also the beginning of NFL season—almost every NFL kick off game has started the weekend after Labor Day. Labor Day is the end of white pants but the beginning of black pants... and it's also, unfortunately, the end of three day weekends until November.

Source: <https://www.townandcountrymag.com>

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**"All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence."**

– Martin Luther King Jr.



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