

**FOOD FOR
THOUGHT...**

**34% of workers
usually eat lunch at
their desks, while
16% rarely even take
any lunch break.**

RECLAIM YOUR LUNCH



THE CHALLENGE

Who: YOU.

What: Commit to taking a lunch break.

When: At least three times a week (better if you do it every day!) for the next two weeks.

Where: Anywhere but in front of your computer at your desk.

Why: Clear your mind, improve productivity, boost energy levels, lower your stress, and a chance to refresh.