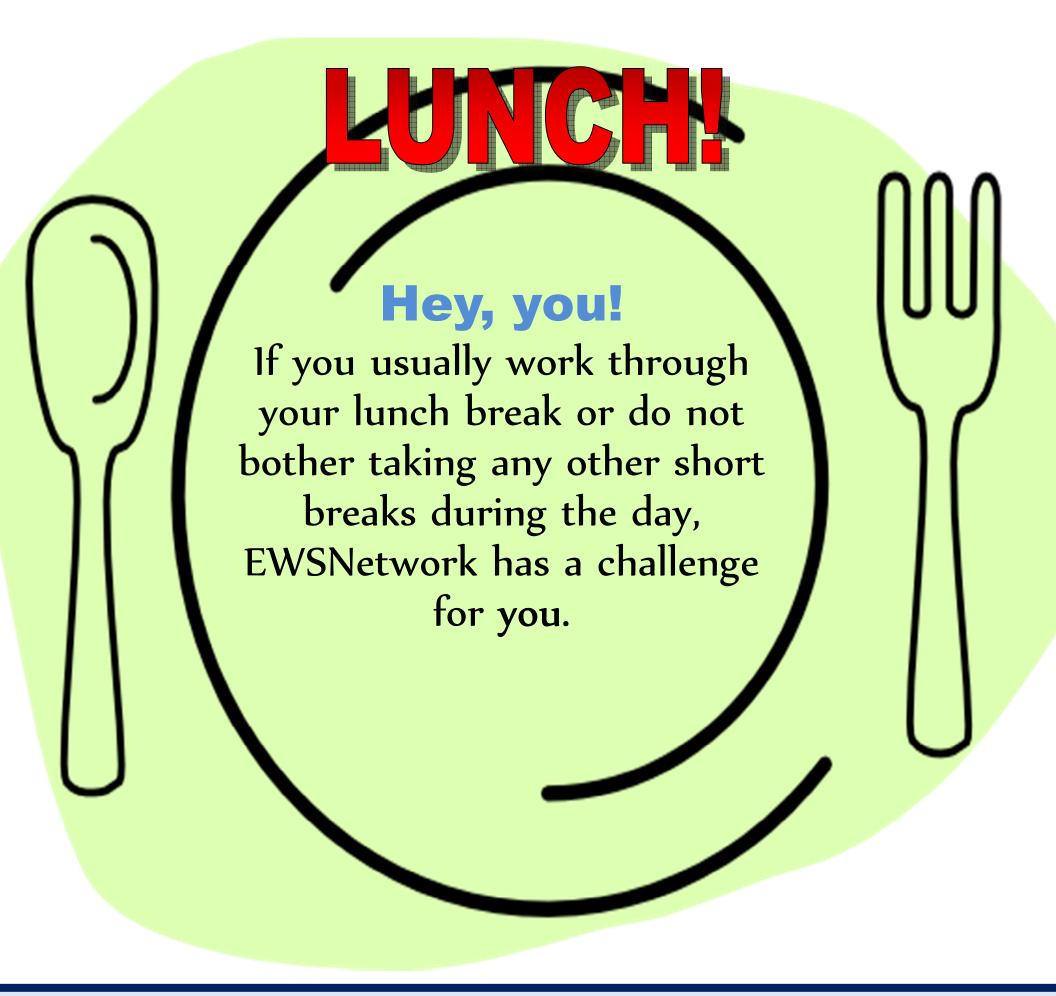
RECLAIM YOUR



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.

