



Taking a *Break*

Week 4: Reclaim Your Lunch

Hey, you! If you usually work through your lunch break or do not bother taking any other short breaks during the day, EWSNetwork has a challenge for you. Step away from your desk, turn off your phone (if you dare) and commit to a lunch hour of renewal. Go to the park with friends, take a jog, read a book. You'll be re-energized and refueled to tackle the rest of the day.

Reclaim Your Lunch

Who: YOU.

What: Commit to taking a **lunch break**.

When: At least **three times a week** (or every day!) for the next two weeks.

Where: Anywhere but in front of your computer at your desk. Be sure to **leave your office** and leave the building even if it is for a few minutes.

Why: Stressors associated with work-life balance are contributing to higher rates of absenteeism and 'presenteeism' (attending work while sick). Giving your body regular, **mental and active breaks** will benefit you as an individual and those who you interact with.

The Five Top Reasons for Not Taking a Lunch Break:

1. My own lack of discipline, I just cannot be bothered to go out.
2. No one else takes a break in my office. Others frown upon taking a break.
3. I am afraid that others will think I am not committed enough.
4. There isn't anything I really want to do.
5. I have too much work.

If this is you, it's time to **think outside the box for your lunch break**.



There is a reason why employers set time for a lunch break – they want you to use it!

Better Food Choices

Reclaiming your lunch break will help you focus on what you eat, helping you make healthy and enjoyable food choices. Reaching for that quick fix, consisting of takeout or the easiest grab from the cafeteria, can be replaced with a healthy, well-balanced meal that results in you eating less and enjoying it more. Turning your desk into a dinner table does more than cut into the treasured, "you" time; it can also make you sick.

Putting Canada's Physical Activity Guide into Practice

Not only are you exposed to workplace germs on your desktop surface, you are also depriving yourself of an opportunity to get in some physical activity. 30 minutes is the daily minimum for maintaining health and reducing the risk of chronic disease.

Did you know... a brisk 30-minute walk can burn around 250 calories?

Try taking a brisk walk or jog; get some Vitamin D; take time to explore the city! There is an abundance of pathways close to your home or office. Bring a friend with you, and try out a new route!