

# 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.

### 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.