

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.