

# Time for Lunch Challenge

How often do you take the time to step away from your work to eat and enjoy your lunch? This challenge is about doing just that. For the next four weeks, make a commitment to yourself to eat your lunch away from your workspace as often as you can. Below are some suggestions of things to try. Check off the box each day that you step away from your work for lunch.

<b>Week 1</b>	Day 1 <input type="checkbox"/>	<b>Week 2</b>	Day 1 <input type="checkbox"/>	<b>Week 3</b>	Day 1 <input type="checkbox"/>	<b>Week 4</b>	Day 1 <input type="checkbox"/>
	Day 2 <input type="checkbox"/>		Day 2 <input type="checkbox"/>		Day 2 <input type="checkbox"/>		Day 2 <input type="checkbox"/>
	Day 3 <input type="checkbox"/>		Day 3 <input type="checkbox"/>		Day 3 <input type="checkbox"/>		Day 3 <input type="checkbox"/>
	Day 4 <input type="checkbox"/>		Day 4 <input type="checkbox"/>		Day 4 <input type="checkbox"/>		Day 4 <input type="checkbox"/>
	Day 5 <input type="checkbox"/>		Day 5 <input type="checkbox"/>		Day 5 <input type="checkbox"/>		Day 5 <input type="checkbox"/>

## Suggestions for things to do during your lunch break:

- Pack a healthy lunch and find a quiet spot to eat.
- Eat for 20 minutes, walk for 10 minutes.
- Eat lunch outside.
- Take 10 deep breaths after you finish eating.
- Have lunch with a colleague.
- Eat in the break room.
- Eat mindfully, and really enjoy your lunch.
- Run an errand that you usually do after work.
- Connect with someone you don't really know well.
- Write a thank you note to someone who recently helped you.
- Make a list of what you're grateful for.
- Call someone you haven't talked to in some time.
- Give your eyes a break—take a screen time out.
- Spend 15 minutes stretching.
- Read a book, magazine or interesting article.
- Listen to music.
- Have a picnic.
- Write in a journal or create something.
- Take some time to meditate.
- Seek out as many sets of stairs as you can find and climb them.

## People who eat away from their desk may experience these health benefits:

- Make healthier food choices and eat less
- Eat more mindfully
- Have a more productive afternoon
- Be more creative
- Add more movement to their day
- Return to their workspace less stressed
- Improve work relationships with colleagues
- Get a daily dose of Vitamin D by being in the sunshine