

# TAKING A LUNCH BREAK IS GOOD FOR BUSINESS



## Eating at your desk doesn't equate to dedication!

Those who take regular lunch breaks report being happier, more productive and more engaged at work – in fact, they're more likely to say they are as efficient as they would like to be, compared to those who don't take lunch breaks.\* That's like taking your work from an A- to an A+.

Join the movement! Post a photo of yourself enjoying a lunch break using [#takebacklunch](#) and visit [TorkUSA.com/takebacklunch](https://www.torkusa.com/takebacklunch) to learn more.

## #takebacklunch

\*According to new research from Tork in partnership with Jennifer Deal, Senior Research Scientist at the Center for Creative Leadership and Affiliated Research Scientist at the Center for Effective Organizations at University of Southern California (USC).