

# FRESH THINKING NEEDS

## FRESH AIR



Taking a break isn't selfish. A new study shows that employees who take a lunch break every day are more efficient, productive and happier with their jobs.

In fact, nearly 90% of North American workers say taking a lunch break helps them feel refreshed and ready to get back to work.\*

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