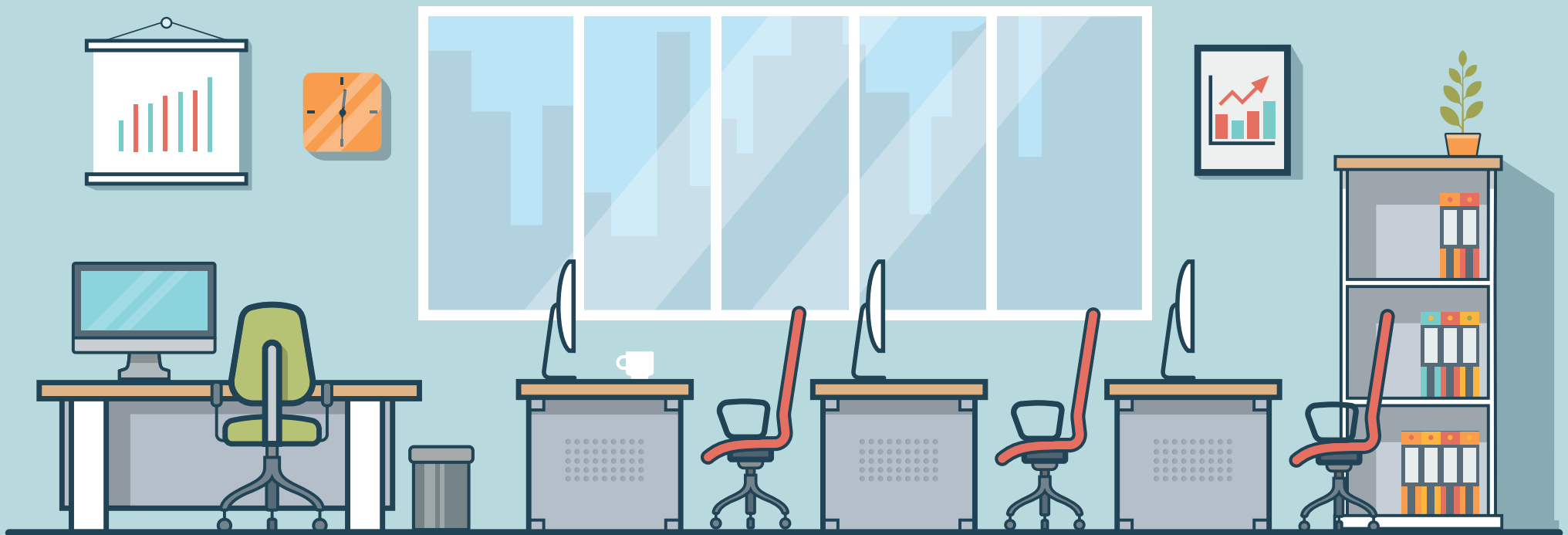


# Move over, breakfast.

## Lunch is important too!



There's no excuse not to take a lunch break when you have great restaurants right in your building. Here's why:

- Lunch breaks between 30 and 60 minutes are shown to maximize engagement at work.
- Workers who take a lunch break every day are more likely to work for their current employer for the next 3 years than those who do not.\*

Spread the word – it's time to take back lunch!

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).