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30 Ways to Make Your Lunch Break An Adventure!

Lunchtime doesn't have to be bland or boring, just as it doesn't have to be a frenzied time to run errands or multitask. Add a little "adventure" to your midday break with these simple ideas, which will bring a bit of fitness and nutrition to your workdays.

1 **Get outside.** Whether you eat at a picnic table or take a brisk walk, lunchtime is the perfect time to get out of the office and clear your head, even if you only have a few minutes to spare.

2 Take a break—for real! You already spend 8+ hours in your work area, so why spend your breaks there, too? Turn off the computer; step away from your work. Enjoy your well-deserved downtime.

3 Pamper yourself. Schedule a haircut, facial or pedicure at a nearby salon for a stress-free lunch hour. You'll return to work de-stressed, relaxed and ready for the afternoon!

4 **Make time for yourself.** No time at the end of the day? Pencil in some "me" time during your lunch break to relax, read a book, or do anything else your heart desires.



5 Work out at your desk. Being deskbound doesn't mean you have to sit still. Experiment with some office-appropriate exercises, including stretches, wall pushups, chair dips and more.

6 **Savor every bite.** Eat away from your computer or work station and use all of your senses to explore the texture, smell and flavor of your food. You'll be more satisfied after every meal.



7 Turn on the tunes. Music can transport you to another time or place. Plus, it can help you relax, relieve stress, and energize yourself for the afternoon.

8 Play a game. A quick board or card game is always good for a smile, whether you play alone or with co-workers. Make it a daily or weekly event for the whole workplace!

9 **Crack up!** Laughing can help relieve work-related stress. Tell a joke, watch a funny video, or read the comics during your lunch break. After all, you've got all day to be serious at work!



10 Pursue your hobbies. People who engage in captivating activities are more satisfied with life. But who has the time? Try sewing, writing, knitting or reading during lunch each day.

11 Walk this way. Need a break from the office? Slip out the door and let your feet take you somewhere. Walking will help you clear your head and relax. It's great aerobic exercise, too!

12 Shake it! Create a playlist of songs that make you want to move, and let loose! Dancing is a great way to get fit—even if you're just grooving in the privacy of your own office.

13 Hit the gym. When you work out during your lunch hour, you beat the crowds and save time. You'll have more time for family and friends each night, bringing more fun, meaning and opportunities into your life!

14 Boost store-bought meals. Add nutrition and health to prepared meals by adding extra veggies to the mix. Heat them together, mix and serve.

15 Schedule a massage. A professional massage can provide soothing, deep relaxation. As the tense muscles relax, so does your entire body, as well as your overstressed mind.

16 Get some shuteye. Naps can boost mood and productivity, but keep them under 20 minutes to avoid feeling groggy. Find a couch at your office or head to your car to catch some Z's.

17 Pack a frozen meal. They're not just for dinner anymore, and the options are endless! Heat it in the break room microwave for a quick meal that helps you stay on track.

18 **Start a lunch group.** Eat with other co-workers who care about health, nutrition and weight management. Share foods, exchange tips and recipes, and try a potluck-style meal each week.



19 Daydream. Close your eyes for 15 minutes to take a mini vacation in your mind! Visualize the solution to a project, seeing yourself achieve your goals, or visiting your favorite place in the world.

20 Call on your creativity. When was the last time you drew, painted, or colored? Use your lunchtime to call on your artistic side. Color a picture; design your dream kitchen or draw the view from your window.

21 **Surprise your taste buds.** Try Mexican, Indian, Japanese or Thai cuisine, keeping an eye out for vegetable-based meals, for a healthy, adventurous meal that is sure to beat last night's leftovers.



22 Try office yoga. This form of exercise helps reconnect your mind and body, decreasing stress and enhancing well-being. Try an online video or short workout in the privacy of your office.

23 Cultivate friendships. Stop eating alone and start engaging with others! Join work-related clubs or challenges, host a group walk during lunch, and call your close friends to catch up during the day.

24 Do nothing. Stop using your lunch break to rush through your errands or tick off your to-do list. Spend at least one break each week enjoying the quiet and doing less for once. You deserve it!

25 Lunch and learn. Many colleges and workplaces offer lunch and learn opportunities for working adults to eat lunch while listening to a speaker discuss a topic. Organize opportunities for your own office if you can't find one nearby.

26 Breathe. Slow, deep breaths can help conquer stress and lower blood pressure. With your eyes closed, practice inhaling deeply into the belly and exhaling slowly. Try this several times during your lunch break.

27 Start a journal. This can be as simple as jotting in a notebook or blogging online. Use it to vent about anything on your mind or to outline your biggest goals and dreams. Once you write it, you can live it!

28 Meditate. When you meditate on a word, sound, symbol, or image, you develop mindfulness. This allows you to ignore distractions and engage in the present, helping relieve stress and enhance well-being.



29 **Make lunch a priority.** Too often, whatever you can grab quickly becomes lunch. Put more planning into your meal so it becomes something you can look forward to enjoying each day.

30 **Think outside the box.** Your break time is YOUR time, so start using it to do something good for yourself. Whether you want to eat a healthy meal, squeeze in some exercise, relax with friends or melt your stress away, start making your lunch break more adventurous today!

