Get Active Over Lunch

On a busy day, your lunch break is often the first thing to go. But taking time to step away from your desk can actually improve your afternoon productivity. As part of its Starts With Apples campaign, which focuses on overall health, Family First Health encourages you to set three goals for your lunch break.

I Pledge to EAT.

Never taking a break from focusing solely on your work exhausts your mental capacity. Eating healthful foods like fruits, vegetables and whole grains re-energizes your mind, and stepping away from your desk to eat in a break room or outdoors will provide a welcome change of scenery.

I Pledge to MOVE.

Even a brief, 20-minute walk can reduce your stress levels, improve your mood and increase your confidence. Is 20 minutes still more than you have to give? Step outside at least momentarily and try a few stretches to counteract the brain drain.

I Pledge to SOCIALIZE.

Sit down with a coworker or a friend who works nearby and catch up. Try not to focus on work-related items. Instead, mix things up and talk about your hobbies, family or weekend plans. Use your break as a break — not an unintended meeting to talk shop.

Signed,

Family First Health
Serving everyone, caring for you!

Snap a photo of your signed pledge or yourself and co-workers on your lunch break and share it on the Family First Health Facebook page or on Twitter with the hashtag #startswithapples