



I have chosen to
take a lunch break because
it's good for my health

BDA
The Association
of UK Dietitians

TRY TO MAKE TIME FOR A LUNCH BREAK

It's a good opportunity to rehydrate, refuel and get some activity or fresh air. This can support both performance and positive well being at work. A lunch break can improve both concentration and decision making and may help reduce fatigue and stress.

bdaworkready.co.uk
a new programme from the British Dietetic Association

**WORK
READY!**