

## December 2013 – Anyone for Lunch?

Well, if you thought I was inviting you out to lunch for Christmas, I'm sorry to disappoint you.

What I *am* doing though is inviting you to invite yourself to take time out for lunch from the New Year onwards if you happen to be one of the 4,000 Aussies who doesn't take a regular lunch break or one of the 75% who chows on down at their desk.

It's been much talked about in the press these past few weeks, so to be sure to be sure, I thought I'd seal the deal by sharing a parting 'reminder' in this the final newsletter for 2013.

It's simple...

If you want to be more productive and less stressed at work...take a break.

If you want to reap some health benefits...take a break.

The evidence to do so is overwhelming.

But remember, when you're working, *work* and when you're taking a break, *take a break*...you get my drift.

Don't pussyfoot when you're supposed to be on task and don't get task-focussed when you're supposed to be pussyfooting!

What's more, consider how many Aussies are vitamin D deficient because they never see the light of day (because they're chowing on down at their desk or skipping lunch) and guess what vitamin D protects against (amongst many things)...yes, skin cancer!

I've been doing my research in this area of late because I'm a vitamin D deficient statistic and have recently had a couple of dodgy moles removed.

So if you can, take yourself outdoors at lunchtime (be sensible of course) and catch a few good UVB rays along the way.

Who knows, you might just be the instigator of a 'lunchflashmob' trend ☺

Here's to a great *break* and a *productive* New Year.

*Caroline*

Please feel free to share this article with anyone who might be interested.