



BRING BACK THE BREAK

BETTER HEALTH

Any short break gives your muscles and joints a chance to recover from their usual routine.

REDUCED STRESS

Taking a break can have an immense impact on your energy levels, well-being and overall health by reducing your stress levels.

INCREASED PRODUCTIVITY

Breaks as short as 3 minutes actually increase your productivity over those who work straight through.

BOOSTED CREATIVITY

Changing your environment allows your mind to refresh, which can spur new ideas.

INCREASED MORALE

Leave work behind and take a break with your coworkers. Simply chatting, sharing a funny story, or catching up on the latest vacation destination can help make your team stronger.



TOP 10 UNUSUAL BREAK TIME ACTIVITIES

- 1 MARRIAGE PROPOSALS
- 2 TALENT CONTESTS
- 3 SHRINK WRAPPING A COWORKER'S CAR
- 4 CUBICLE STEP AEROBICS
- 5 CHASING WILD ANIMALS OUTSIDE THE OFFICE
- 6 BURP-OFF
- 7 WEDDING DRESS RACES
- 8 KISSING SESSION IN A STAIRWELL
- 9 WORLD'S FASTEST RE-ENACTMENT OF THE "ROCKY HORROR PICTURE SHOW"
- 10 TAKING A NEWBORN TURKEY FOR A WALK



What can you come up with? Share it on Facebook.

IT'S ABOUT MORE than just having a moment to yourself, or great coffee or fun conversation. When you join the movement to bring back the break, you're actually helping your body and your mind stay healthy and productive.

51%

OF WORKERS NEVER TAKE A COFFEE BREAK.

THREE

BREAK MINUTES ARE ALL YOU NEED TO MAKE AN IMPACT.

JUGGLING EMAILS, TEXTS & CALLS DROPS YOUR IQ SCORE BY

TEN

**JOIN THE MOVEMENT:
MAKE TIME FOR
BREAK TIME TODAY.**

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