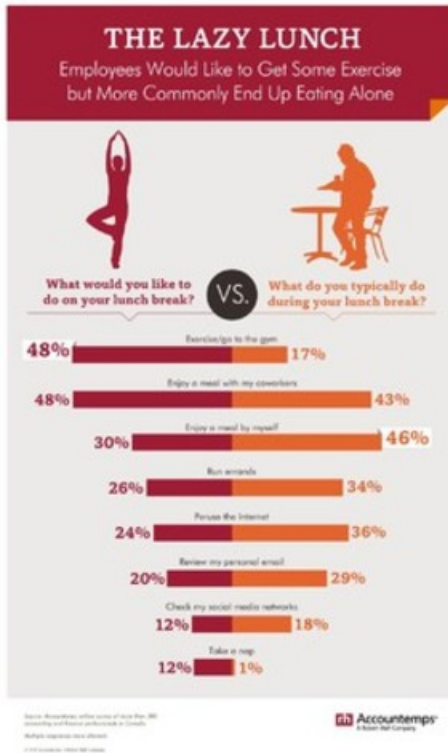


The Lazy, Lonely Lunch



Professionals Would Like to Exercise at Lunch but More Commonly End Up Dining Solo

TORONTO, Aug. 18, 2015 /CNW/ - As much as they'd like it to be, the midday endorphin rush isn't a reality for most workers, a new survey from Accountemps suggests. Almost half (46 per cent) of accounting and finance professionals polled said they typically spend their lunch breaks eating alone, with only 17 per cent finding the time to fit in a workout. This is contrary to what most respondents actually want: 48 per cent indicated they would like to exercise or go to the gym, or enjoy a meal with coworkers.

Rather than exercise or socialize the survey found that respondents more frequently surf the Internet (36 per cent), run errands (34 per cent) and check personal email (29 per cent) during their lunch break.

Accounting and finance professionals were asked, "What do you typically do during your lunch break?" and "What would you like to do on your lunch break?" Their responses*:

	<u>What They Would Like to Do</u>	<u>What Respondents Do</u>
Exercise or go to the gym	48%	17%
Enjoy a meal with my coworkers	48%	43%
Enjoy a meal by myself	30%	46%
Run errands	26%	34%
Peruse the Internet	24%	36%
Review my personal email	20%	29%
Check out my social media networks	12%	18%

Take a nap	12%	1%
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**Multiple responses allowed.*

"A change of scenery, including one that gets the blood pumping, can go a long way when facing productivity slumps or challenging tasks," said Dianne Hunnam-Jones, Canadian president of Accountemps. "Stepping away from your desk gives you the chance to clear your head and return with a refreshed, more motivated outlook."

"Taking any type of break allows for the opportunity to connect with colleagues, explore new business insights and exchange ideas across departments, which has the potential to be formative for your future career growth," added Hunnam-Jones.

About the Research

The online survey was developed and conducted by Accountemps. It includes responses from more than 300 accounting and finance professionals in Canada.

About Accountemps

Accountemps, a [Robert Half](#) company, is the world's first and largest specialized staffing service for temporary accounting, finance and bookkeeping professionals. The staffing firm has more than 340 offices worldwide. More resources, including online job search services can be found at [Accountemps.ca](#). Follow [@RobertHalf_CAN](#) on Twitter and visit the [Accountemps blog](#) for additional workplace news and hiring trends.

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