

The lunch break: quintessentially British

Do you know what UK workers
like to do in their lunch break?



preoday yoyo

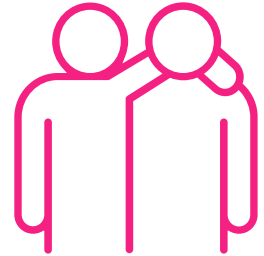


They do NOT want to spend it working

- Only **19%** of people they say they want to get more work done at lunch time

UK workers like to socialise...

- At the moment UK workers are sociable: More than half of UK workers (**56%**) say they spend their lunch break socialising with colleagues or friends
- **30%** say they would like to socialise more

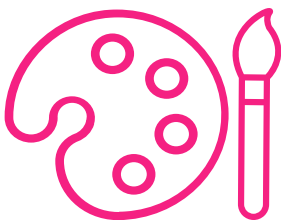


...get out and about...

- When workers were asked how they would prefer to spend their lunch break, **60%** said they would like to do something active, either walking (**38%**), running errands (**32%**), or going to the gym (**31%**)

...or use their break as an opportunity to rest.

- **44%** say they read a book or magazine during their lunch break at the moment and **34%** say they would read more if they could



UK workers are less keen on learning or cultural pursuits

- Only **18%** say they go to a class or do something cultural at lunch time. Less than a quarter (**25%**) say they would go to a class if they could and less than three in ten (**29%**) want to do something cultural with more time

[Download the full report to find out more](#)