

The lunch break: a generational approach



preoday yoyo

How long is long enough?

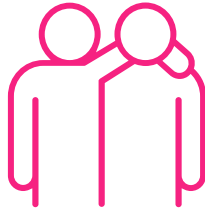
All age groups take 30 minutes for lunch most frequently...
... but 18-34-year-olds are most likely to take less than 15 minutes
... those over 55 are most likely to take a full hour at lunch

Lunchtime activities

The three most popular activities across the age groups are:



Going for a walk



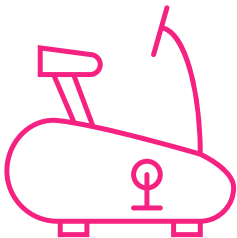
Socialising with friends



Reading a book

Where they differ:

Younger workers are the most likely to want to be active at lunch time, but also the most likely to do extra work or watch TV



Getting some exercise

- **68%** of 18-34-year-olds go to the gym or say they would like to
- **53%** of 35-54-year-olds go to the gym or say they would like to
- **25%** of those aged 55+ go to the gym or say they would like to



Sneaking in some extra work

- **73%** of 18-34-year-olds do extra work at lunch time and would do more if they could
- **58%** of 35-54-year-olds do extra work at lunch time and would do more if they could
- **42%** of those aged 55+ do extra work at lunch time and would do more if they could



Indulging in screen time

- **69%** of 18-34-year-olds use their lunch times to watch TV at the moment or would like to
- **49%** of 35-54-year-olds use their lunch times to watch TV at the moment or would like to
- **19%** of those aged 55+ use their lunch times to watch TV at the moment or would like to

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