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Your Line ONLINE

This week's unscientific poll: What is your approach to eating lunch at your desk?

Here's the good news: Though some respondents to this week's poll question said they are too busy at work to eat lunch at all, that wasn't the most popular answer.

The bad news: The top response was that most employees always eat at their desks, to get more done or to work a shorter day.

Those results did not come as a surprise to Ann Kelleher, owner and president of Integrity Staffing in Omaha. **"In today's busy workplace," she says, "it has become increasingly common for people to eat lunch at their desk or skip lunch altogether."**

Kelleher doesn't believe either approach works well either for employee or employer.

"It is too easy to simply keep working between bites," she says. "But performance experts agree that employees perform better and are more efficient when they are able to refresh themselves away from their work space."

Taking that break doesn't have to mean going out to a restaurant for the traditional "lunch hour" that was a common feature of the work day even a decade ago. It could be as simple as taking 15 minutes to eat a brown-bag lunch at a nearby park.

In Kelleher's view, the only poll respondents who got it right were the few who said they make it a point to take breaks, and never eat lunch at their desks.

"I don't know if it matters if a lunch break is 30 minutes or an hour," Kelleher says. "The important thing is removing oneself from the immediate workplace in order to experience both a physical and mental break."