85% of UK adults surveyed1 admit to feeling stressed on a regular basis, with Monday the most stressful day of the week for many. We can’t promise to fix your work pressures, but with #MakeTimeMonday - our nationwide nutrition and wellbeing movement - making healthy changes to how you spend your Monday lunch break can have a positive benefit all day long.


Visit the #MakeTimeMonday hub at vitality.co.uk/mtm for meal plans, meditations, inspiration and more.