



Is Your Job Making You Fat?: How to Lose the Office 15 . . . and More!

Ken Lloyd, Stacey Laura Lloyd

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The only thing that should be fat on your job is your paycheck.

There is a “huge” worldwide obesity problem. While fads and quick-fix diets abound, they fail to address an important question in weight gain today: is your job making you fat? The answer is “Yes.”

This bold assertion is based on a great deal of global research that continues to confirm a compelling relationship between working and weight gain. The powerful link between the workplace and the waistline is due to numerous factors, including the sedentary nature of today’s jobs, the onslaught of unhealthy foods that are constantly foisted upon employees, higher levels of job stress, longer and more demanding work hours, peer pressure, new and unconventional jobs, and even more. Put it all together and you have the perfect storm for weight gain.

Is Your Job Making You Fat? not only identifies and analyzes all of the central sources of weight gain associated with work, but also provides highly effective steps to control this ever-expanding problem and help you lose weight. Authors Ken and Stacey Lloyd offer a new approach where you apply your businesslike mindset and skill-set to weight management. After all, at work, you have a plan that includes objectives, benchmark dates, strategies, priorities, deadlines, and measurable results. This book shows you how to use this same methodology to take charge of your weight.

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