



## OCCUPATIONAL HAZARD: IS YOUR JOB MAKING YOU FAT?

Turns out, working at an office might be the very thing contributing to your weight gain. The social pressures of eating are everywhere at the workplace - from the smell of your coworker's food to the office birthday parties. When eating out with coworkers you might feel the pressure to eat big. Exercising willpower can prevent this. If eating on the company tab, ordering last is an easy way to disguise your order. Once you've figure out the causes of eating at the workplace, you can work on self-control.

Read the full article here:

[Occupational Hazard: Is Your Job Making You Fat? - Huffington Post \(blog\)](#)

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