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Are you living large in your new job? Perhaps a little too large? Do you think your current job contributes to weight gain or you not reaching your health goals? And can you reverse the situation without the job?

A new survey from [CareerBuilder](#) found that 57 percent of the nation's workforce believe they are overweight, and 45 percent believe they've gained weight at their present job, on par with last year. Twenty-six percent of all workers said they gained more than 10 pounds at their current job; 1 in 10 (11 percent) gained more than 20 pounds.

Many factors can have a positive or negative impact on a worker's waistline. When surveyed about what they think contributes to weight gain at work, workers who have gained weight said:

- Sitting at a desk most of the day (53 percent)
- Too tired from work to exercise (49 percent)
- Eating because of stress (41 percent)
- No time to exercise before or after work (34 percent)
- The temptation of the office candy jar (21 percent)
- Eating out regularly (21 percent)
- Workplace celebrations (13 percent)
- Having to skip meals because of time constraints (12 percent)
- Happy hours (6 percent)
- Pressure to eat food co-workers bring in (6 percent)

“Employers understand that healthy employees lead to a more productive workforce

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(58 percent) say they exercise on a regular basis. While 63 percent of workers in the West say they exercise on a regular basis, 59 percent of those in the South, 56 percent in the Northeast and 53 percent in the Midwest say the same.

But what does “on a regular basis” mean to Americans, and how much exercise is actually helping them lose weight? Nearly three in 10 (29 percent) regularly work out three or fewer days a week, and 29 percent regularly work out four or more days a week. Consistency is key – 26 percent of U.S. workers who regularly work out four or more days a week say they lost weight at their present job, compared to 12 percent of those who regularly work out three or fewer days a week.

Forty-two percent of workers don't work out regularly or at all, and 48 percent of this group say they gained weight at their current job.

Bringing Food into Work May Help Prevent Weight Gain

Exercise isn't the only key to losing weight — as they say, you are what you eat. Nearly a quarter (23 percent) of U.S. workers eat out at least three times per week for lunch instead of packing their lunch. Eleven percent of workers find their grub from the vending machine at least once a week. Workers are then taking their meals back to their desks — 63 percent eat from their workstation.

But lunch isn't the only time the U.S. workforce is eating. Workers are munching away most of the day — 72 percent of workers snack on the job.

Let Us Help You, Say Employers

Some employers are stepping in to help their employees get fit, but are employees using these tools? Three in 10 (30 percent) workers say their company provides gym passes, workout facilities or wellness benefits, but 19 percent of this group don't take advantage of them. Sixty-one percent of workers say their employers do not offer

wellness benefits, but if offered, 37 percent believe they would take advantage of

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