

Why Vacations Matter Fact Sheet

Why Vacations Matter - The Issue

- A total of 429 million days of unused paid time off was left on the table by US workers in 2013 (Oxford Economics Assessment of Paid Time Off, February 2014)
- 26% of the workforce does not get paid time off (U.S. Bureau of Labor Statistics)
- More than 40% of Americans on average are leaving seven or more days of paid vacation on the table every year (Oxford Economics Assessment of Paid Time Off, February 2014)
- Studies show that not taking vacation days lead to a workforce that is less productive, less satisfied in their jobs and relationships, and prone to stress-related illnesses such as high blood pressure, obesity and heart attacks. (Vacation Integration Towards an All-Inclusive Lifestyle [V.I.T.A.L.], Nielsen Research Study, Dec 2013)
- Americans are among the world's worst vacationers – 34% never take vacations at all. (Expedia's 2014 Vacation Deprivation Study)

Why Vacations Matter – The Benefits

- People who take a vacation at least once a year are happier, healthier, and more satisfied with their lives than those who take vacations less frequently or not at all. They also are more satisfied with their jobs and have a better work/life balance. (V.I.T.A.L., Nielsen Research Study, Dec 2013)
- 71% of yearly vacationers report feeling “satisfied to very satisfied with their job” compared to just 46% of those who never take a vacation (V.I.T.A.L., Nielsen Research Study, Dec 2013)
- Vacationing men reduce their risk of a heart attack by 50%, women by 30%, but only if they take more than one vacation a year. (2014 Framingham Heart Study)
- 76% of yearly vacationers report feeling “happy” or “extremely happy” compared to just 43% of those who never take a vacation (V.I.T.A.L., Nielsen Research Study, Dec 2013)

The logo consists of a dark blue rectangular box with a wavy top edge. Inside the box, the words "VACATION" and "COMMITMENT" are stacked vertically in a white, bold, sans-serif font.

**VACATION
COMMITMENT**

Vacation Commitment Day
March 31, 2015