

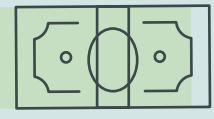
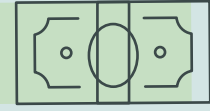
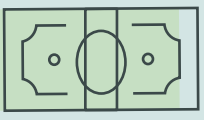
TAKE A BREAK: Why you should get some R&R

American workers left a record amount of time on the table last year.

768

million days of unused vacation

One third of those days are forfeited completely



Those 236 million forfeited days equate to over

\$65 billion

in lost benefits

Vacation is still ideal, but when it comes to taking time off, we still fall short



95%

vs

55%

of people say using their paid time off is very important

of the same people say they did not use all of their time off



HAPPY & HEALTHY

Taking vacation is good for your health and keeps your mind sharp.

If you take 11 or more of your vacation days, you are

30%+ more likely to receive a raise

Vacation can reduce the risk of heart disease, stroke and type 2 diabetes by up to

24% per vacation

If you can disconnect in nature for

4 days

it could lead you to being

50% more creative

EXPLORE MORE

Get out there and see what the Finger Lakes has to offer.

The Finger Lakes have

1,000+ acres

lined with

miles of hiking trails

Our Parks include Grimes Glen Park, Wesley Hill Nature Preserve and Ganondagan State Historic Site.

100+

events and festivals year-round

This includes the Naples Grape Festival, Festival of Lights and Pageant of Steam.



30+

wineries, breweries, cideries and distilleries on the ROC/FLX Craft Beverage Trail

Plan your vacation at

visitfingerlakes.com