



GBS HEALTH & WELLNESS

# Labor Day Celebrations



Labor Day is more than another excuse to host a backyard BBQ or pool party. While it's worth celebrating for those reasons too, there's more history behind the meaning of Labor Day.



Labor Day celebrates the women and men who campaigned tirelessly for workers' rights in the labor movement of the late 19th century. Their hard-fought wins are the reason for many of the rights we enjoy and take for granted today, such as a 40-hour work week, safe work conditions, paid time off, and sick leave. Those workers saw that there could be no freedom and liberty in this country without economic freedom for the working class. The holiday honors the source of this nation's strength—American workers, unions, and labor leaders.

No matter how you decide to celebrate Labor Day, take some time to reflect and pay tribute to all the laborers, past and present, who helped build America and make it the country it is today.

## Need Ideas for Celebrating Labor Day? Try One (or More!) of Following:

- › Try out our [Labor Day Workout](#).
- › Complete this fun [Labor Day Wordsearch](#).
- › Take advantage of warm weather while it lasts! Host a BBQ, go swimming, or attend a Labor Day parade.
- › Make one of these tasty recipes:



[Grilled Potato Salad](#)

[Pesto Pasta Caprese Salad](#)

[S'mores Brownies](#)

[Honey Mustard Grilled Chicken](#)



- › Share a few of these Labor Day fun facts with friends or family:

Labor Day unofficially marks the end of peak hot dog season. Americans typically eat 7 billion hot dogs between Memorial Day and Labor Day.

It's estimated that more than 166 million people make up the U.S. civilian labor force.

Oregon was the first state to recognize the holiday. It made Labor Day a legal holiday on Feb. 21, 1887. That same year, Colorado, Massachusetts, New Jersey, and New York also legally adopted the holiday.

### Resources

[Reader's Digest](#)

[The Pioneer Woman](#)