

newsworthy trends

Travel for the Health of It

(NAPSA)—If you've been working out ways to take time off from the job, you're not alone.

Seventy-five percent of respondents recently said they did not take all their vacation time in 2008, often forgoing time off due to economic or work issues.

But experts say giving up time away from work could cost you in the long run. Studies show that there are undisputed, long-term benefits associated with taking regular vacations that contribute to better health, relationships and job performance. And while 2008 was the year of the "staycation," a new idea designed to make staying home sound exotic, experts point out that a week at home keeps you involved in the normal routines of everyday life and won't provide the same wellness benefits as a good old-fashioned vacation.

"Put away the cell phone and laptop and disengage from the daily hassles of your life," says John de Graaf, executive director of Take Back Your Time, an initiative encouraging time outside of work. "Our goal is to make 2009 the year we all actually take our vacations."

Easier Trips

Although Americans are experiencing tighter budgets, more people are saying vacations are not a luxury—they are a necessity. One way to make the process easier is to opt into a timeshare. The move could take the stress out of planning a



Experts say the long-term benefits associated with taking regular vacations can lead to a healthier and relaxed lifestyle.

trip and also be a simple way to accommodate the whole family, since timeshares let people participate in activities at their own leisure. Plus, owning a timeshare virtually ensures you'll vacation at least once a year, every year.

"In spite of or perhaps because of the current situation with the economy, everyone deserves a vacation in 2009 more than ever," according to Howard Nusbaum, president and CEO of The American Resort Development Association. "And not just a good one but a better one," he says.

Planning A Getaway

For more information on taking better vacations, including guest articles on the topic of vacation matters by John de Graaf, visit www.vacationbetter.org. The site is a comprehensive, educational tool designed to help consumers learn their travel options.