

# The Value *of* Vacation

Vacationing creates lasting benefits—from time spent with loved ones to time away from the stresses of daily life—that go well beyond the length of the trip.

## RECIPE FOR BURNOUT

Not taking time to “recharge your batteries” results in increased stress on the job and in your relationships, decreased productivity and higher likelihood of deteriorating health.

**169 MILLION**

Americans did not take all their earned vacation days last year

**429 MILLION**

vacation days went unused in 2014

**60%** of those with vacation time feel they deserve vacation

**59%** of Americans feel vacation-deprived

## RECIPE FOR HAPPINESS

Take time at least once a year to recharge your batteries and spend time with your family and friends—and away from the stresses of daily life.

Improves mood and promotes brain health



Restores your energy and improves your performance when you return



Reduces risk of heart attack and other stress-related health risks<sup>1</sup>



Strengthens personal and professional relationships<sup>2</sup>



## VACATIONING WITH TIMESHARE

Vacation ownership means a guaranteed vacation at least once a year, ensures you take future vacations—and saves you money in the long run.

### AN AVERAGE HOTEL STAY

\$3,000 annually for a family of four  
x 18 years

**\$54,000**

vs.

### AN AVERAGE TIMESHARE

\$20,000 for a family of four  
+ \$15,840 of annual maintenance fees (x 18 years)\*

**\$35,840**

### TIMESHARE FAMILY SAVINGS:

**\$18,160+**

with 18 years of vacationing

Data sources:

1. Framingham Heart Study
2. Harvard Business Review 4-Year Study 2010

\* The average annual maintenance fee is ~\$880/year

