Pack your bags for better health...  
81% of Boomers self-report that they experience at least one health benefit during a trip.  
73% notice at least one health benefit post-trip.

...and put on your walking shoes  
66% of Boomers who took a trip with a wellness activity* said they incorporated physical wellness into their travel.

Top wellness activities include:  
- Walking: 63%  
- Sight-Seeing: 31%  
- Hiking: 26%

Go for the fun, get the health benefits for free  
Most Boomers credit their travel health benefits simply to relaxation and fun (72%) and to spending quality time with loved ones (67%).

The health benefits of travel are more of a side benefit for Boomers than a planned outcome as they are less likely than younger generations to have included a wellness activity* in their travel plans the past 2 years.

<table>
<thead>
<tr>
<th>Generation</th>
<th>53%</th>
<th>40%</th>
<th>31%</th>
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<tbody>
<tr>
<td>Millennials</td>
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<td>Boomers</td>
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Bring home a health souvenir, leave the magnet behind  
Of the 73% of Boomers who notice health benefits post-trip, the most unexpected benefits are:

- Better sleep: 51%  
- More energy: 50%  
- Increased productivity: 46%

The longest lasting travel benefit reported is improved relationships with loved ones – lasting 6 weeks on average!

Top 5 aspects of health that benefit from travel  
- Emotional well-being: 54%  
- Connection w/ loved ones: 52%  
- Amount of energy: 35%  
- Intellectual curiosity: 34%  
- Mental clarity: 30%

*Footnote: A wellness activity is any activity that intentionally or unintentionally had a positive impact on one mentally, emotionally, physically, socially, and/or spiritually.

Source: AARP Travel Research: The Health Outcomes of Travel, October 2018 (aarp.org/travelwell)  
Contacts: Vicki Gelfeld, vgelfeld@aarp.org; Patty David, pdavid@aarp.org (AARP Research) https://doi.org/10.26419/res.00257.002