

Vacationbetter.org

Sponsored by the American Resort Development Association

CONTACTS: Lou Ann Burney, ARDA
202-207-1156, lburney@arda.org

Sarah Jane Scruggs, ARDA
202-207-1141, sscruggs@arda.org

Your Prescription for Good Health: Take Two Weeks and Call Me in the Morning

According to Research, Recovery Needed for Vacation-Deprived Americans

(Washington, September 2, 2009)—As we wrap up yet another summer season, many people are lamenting the fact that they didn't get to take a real vacation. Based on a recent [Expedia Vacation Deprivation](#)[™] survey, Americans not only receive the smallest amount of vacation time among their counterparts abroad, they often fail to use it. The American Resort Development Association (ARDA) challenges the vacation-deprived among us to take the first step to recovery and admit there is a problem.

“As a nation, we need to focus more on [wellness](#),” said Howard Nusbaum, ARDA president and CEO. “It's proven that taking two weeks, or whatever you can, to break away from the daily grind will go a long way in promoting both physical and mental health.”

The second step to recovery is to realize the health and wellness benefits you will get from taking a vacation. Recent [research](#) shows that the long-term benefits associated with taking regular vacations contribute to better health, relationships and job performance. In fact, the statistics are astounding. Men who don't vacation regularly are 32 percent more likely to die of heart attacks; women are 50 percent more likely.

“People need to understand the important health benefits they will get from taking time away from their normal routine,” says John de Graaf, executive director of Take Back Your Time, an initiative encouraging time outside of work. “Vacations are not a luxury but an important part of any healthy lifestyle.”

The last step in vacation deprivation recovery is to ensure that the vacation is the [best possible experience](#) it can be. ARDA member resorts provide spacious accommodations in stunning locations with all the [comforts of home](#). A timeshare resort offers hassle-free second home vacations designed with the sole purpose of making the most of precious leisure time together.

One to two weeks away from the daily routine leads to better job performance and productivity, increasing reaction times by 30 to 40 percent. In addition, quality of sleep increases by about one hour a night upon return from vacation. “Simply put, people can't afford *not* to take a vacation,” says de Graaf.

About VacationBetter.org

The American Resort Development Association's (ARDA) new on-line resource informs consumers on the importance of taking a vacation and the overall benefits of enjoying one – regularly – through shared vacation ownership. VacationBetter.org is a comprehensive, educational tool for consumers to learn about this travel option and to demonstrate a way for travelers to vacation better.

About ARDA

The American Resort Development Association is the Washington D.C.-based professional association representing the vacation ownership and resort development industries. Established in 1969, ARDA today has over 1,000 members ranging from privately held firms to publicly traded companies and international corporations with expertise in shared ownership interests in leisure real estate. The membership also includes timeshare owner associations (HOAs), resort management companies, and owners through the ARDA Resort Owners Coalition (ARDA-ROC).

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