

Journey to Healthy Aging: Planning for Travel in Retirement



Global Coalition on Aging

TRANSAMERICA CENTER
FOR RETIREMENT STUDIES®

Journey to Healthy Aging: Planning for Travel in Retirement

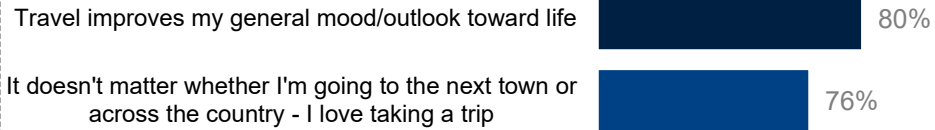
reveals that Americans (ages 25+) love to travel and make it a regular part of their lives each year, grabbing time as they can over weekends, or planning for longer family vacations. Moreover, they see that travel plays a critical role in their lives for their personal well-being, both physical and mental.

Yet, the study exposes a clear disconnect between perception and reality among the American public: while they dream big about travel in retirement, many are unprepared financially to ensure that their dreams come true. This represents a call to action – both for education and for people to work on making their travel and retirement dreams a reality.



People love to travel and dream of travel in retirement

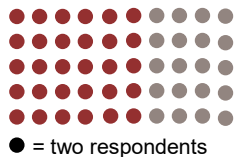
Strongly/Somewhat Agree that...



Dream of Spending Retirement

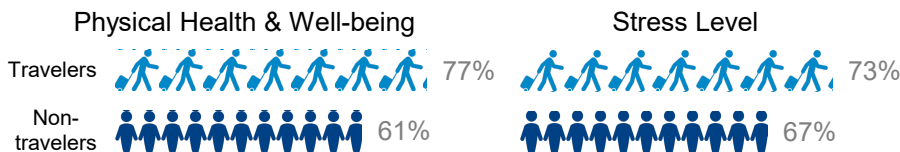


Travelers report being happier, healthier than non-travelers



At least 60% of people say that they get more exercise on trips than they do at home; that travel improves their commitment to their personal health goals; and that knowing that those who take vacations are less likely to suffer from depression motivates them to travel.

Very/Somewhat Satisfied with...



Connecting the dots: Budgeting and saving for travel

Finances Related to Travel

