

Journey to Healthy Aging: Planning for Travel in Retirement



5 Tips for Planning for Your Journey to Healthy Aging

Americans dream big about travel in retirement, yet many are unprepared financially to ensure their dreams come true. Further motivated by the understanding that travel can lead to long-term health benefits, Americans must also take action to ensure they meet these symbiotic goals.



1. When calculating your needs for retirement, factor in saving for travel and budget accordingly.



2. When considering travel among other big purchases, remember that staying active and traveling throughout the life course has physical, cognitive and social benefits that lead to a healthier aging process.



3. Travel can accomplish Americans' top two retirement aspirations, so plan your vacations as a way to not only see new places but also strengthen family connections.



4. Remember that travel does not have to be an exotic or expensive outing, so begin saving now to help make your travel dreams of all sizes come true.



5. Employees should use their vacation time, a benefit that in most cases already exists but is underutilized, and employers should likewise encourage vacations to promote health and wellness in the workplace.

Source: *Journey to Healthy Aging: Planning for Travel in Retirement*, Transamerica Center for Retirement Studies® and Global Coalition on Aging, 2013. TCRS 1116-1213