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From: Blue365 Deals <deals@blue365deals.com>
Sent: Monday, July 17, 2017 5:18 PM
To: kemleecorp@fastfreedom.net
Subject: Taking a Vacation Can Benefit Your Health

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Healthy Tips from Blue365.

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Taking a Vacation is Good for Your Health

Taking time off from work and your daily routine to enjoy a vacation is actually good for your health, and some people tend to ignore vacations when they think about the positive factors that help in leading a healthy lifestyle. Reducing your risk of certain health factors, lowering stress and improving job performance are just a few of the major benefits of enjoying time off on your next vacation.



An annual vacation can decrease the risk of heart attack

According to [the National Institutes of Health \(NIH\)](#), middle-aged men who were at high risk for coronary heart disease who also took frequent vacations over the nine-year study period were 32% less likely to die of heart disease.



Vacations can limit risk of depression and boost relationships
 A [study](#) by Marshfield Clinic found that the women who took frequent vacations—two or more per year—were less likely to become depressed and reported greater satisfaction with their marriages than those who didn't take the time off to relax from life's daily stressors.



Time Away Increases Performance at Work
 According to the [New York Times](#), an internal study conducted by Ernst and Young in 2006 revealed that employees' year-end performance ratings improved significantly—by eight percent—for every 10 additional hours of vacation they took that year.

Whether it's time off for a day or a two-week beach getaway, try to find ways to work a vacation into your schedule for all of the positive benefits that it can provide. If you're worried about finding an affordable vacation, [check out Blue365 Deals](#) for offers from LMT Club for exclusive savings on hotels and vacation packages.

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