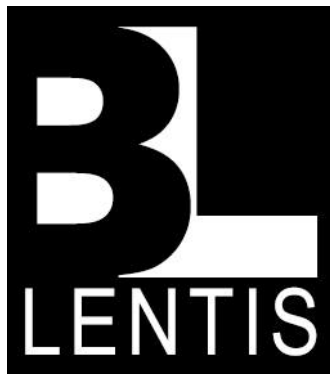




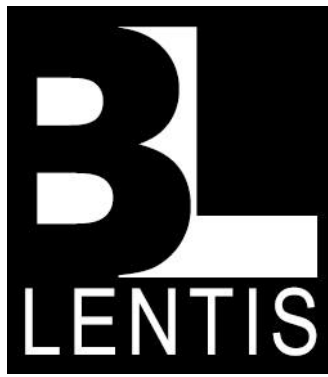
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Travel and Its Benefits

Why do we need to travel? Why is it getting increasingly important that we, once in a while, change our environment and travel outside our country? Why is it sometimes a necessity for our emotional health to travel?



Travel's importance is underestimated by many people. [Travel](#) is not only fun, entertaining and enjoyable. With our current lifestyles and work conditions, travel has become more than an option. It is more than just having fun. As Augustine of Hippo said "The world is a book and those who do not travel read only one page." "a. During travel you are able to do things you usually don't do. When travelling, you go outdoors and be away from computers, and TVs and



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you are likely to be mixing with different people and cultures. People travel for different reasons. Some travel for fun and to have a good time. Others travel as a hobby

Here are the main benefits of travel:

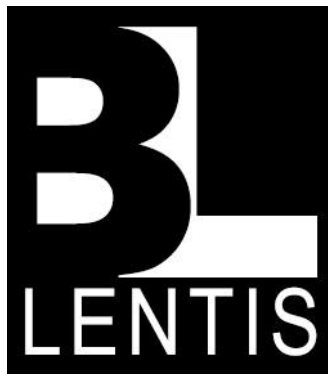
1-Stress Relief: As you travel miles away from your environment, you are able to be free from your responsibilities and then begin to relax and rest. Not only have you rested your body, but also your mind. Knowing that you can wake up anytime without an alarm clock, without the need to be physically available at work, will take off a lot of mental stress. Here, you can sense freedom. Stress relief is a major reason for travel. The moment you think you are heading for Hawaii or Bali, you get an immediate sensation of excitement and stress-free feelings. It is this mental peace that makes travel a very good stress-relief. Sometimes travel can be stressful if your trip has a lot of sightseeing, or meeting a lot of people. But travel stress is different from home stress because it is positive stress. Travel stress does not associate with anxiety or worry.

2-Physical Benefits: You move more when travelling. You walk more frequently whether riding the subway or exploring the streets of a historic city or even visiting a museum. By swimming or laying on the beach, you get a high dosage of vitamin D from the sun, something that is very useful for your bones and also for your positive emotions. Outdoor activities associated with travel can lower risk of diabetes, lead to weight loss and reduce cholesterol level. Some medical experts recommend traveling once every six months for cardiovascular health and for the heart. Some studies show that travel even improves better sleep.

3-Cultural Benefits: Sometimes we need to be anonymous. Sometimes we want to be free from any responsibility. Travel allows you to exercise both while meeting new people and experiencing new cultures. You will know how different people accomplish their goals in different ways. You will learn new ideas that you have never thought of before.

4-Relationship Benefits: Traveling with a companion and sharing the same experiences and situations together will enhance your mutual bond. 93% of youth ages 8-18 consider travel as "a quality time" spent with their parents. 3 in 4 parents say that family vacations are very helpful for the family. Meeting new people in new locations can result in long term relationships for many.

5-Happiness: Many people associate happiness with travel. More than 50% of adults buy souvenirs just to remember their vacations. Most travelers store photos of their destinations as a way of remembering those trips that are about tasting new food, beautiful sights, historic



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monuments, and new music. This is one reason that travel can be addictive, especially if you have enough time & money. It has become a hobby for thousands of people around the world.

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