



# JOURNEY TO HEALTHY AGING

## Planning for Travel in Retirement

### Top Retirement Dreams

### Facts

**80%**

Believe travel improves their mood & outlook

**80%**

Enjoy family vacations

**76%**

Love taking trips

**64%**

Enjoy staying overnight with friends

**59%**

Dream of traveling during retirement

**47%**

Agree that travel is so pleasurable and important that it is not a luxury, but a necessity

**10 million**

Retirees regret not saving more for travel



Being with Family & Friends  
**61%**



Travel  
**59%**



Pursuing Hobbies  
**51%**



Volunteer Work  
**33%**



Community Involvement  
**19%**



Study  
**10%**

### Attention Given to Saving for Travel in Retirement

Some  
**32%**

A little  
**20%**

Not much  
**33%**

A lot  
**12%**

2% No Answer

While Americans agree that travel is a goal worth saving for, only few have saved enough to realize their dream in retirement