

# Capital Vacations Highlights the Health and Wellness Benefits of Vacation

*Exploring the connection between vacation travel and overall well-being, Capital Vacations highlights how time off contributes to mental and physical health.*

MYRTLE BEACH, SC, UNITED STATES, April 18, 2025 /EINPresswire.com/ -- Capital Vacations, a company dedicated to reimagining travel experiences by connecting independent resorts with travelers through technology and vacation products, highlights the profound health and wellness benefits of vacation travel. Studies show that vacations contribute to improved mental health, increased productivity, and even a longer lifespan.



A recent study published in the Journal of Applied Psychology titled "A Meta-Analysis of Vacation and Employee Well-Being" found that employees who take regular vacations experience reduced stress, better physical health, and higher job satisfaction. The research emphasizes that the benefits of time off extend beyond the vacation itself, leading to sustained energy, improved focus, and a healthier work-life balance.

## Vacations: A Prescription for Wellness

Scientific research confirms that stress is a significant contributor to chronic illnesses, including anxiety, depression, and heart disease. The American Psychological Association states that vacations lower cortisol levels—the body's primary stress hormone—leading to enhanced mood and overall well-being. Furthermore, vacations support heart health. The Framingham Heart Study found that men who skipped vacations were 30% more likely to suffer a heart attack, while women who took two or more vacations annually significantly reduced their risk of heart disease.

## The Link Between Travel and Career Success



Vacations give families the chance to spend quality time together, free from the distractions of daily life. That quality time strengthens relationships and builds lifelong experiences."

*Travis Bary, Co-President of  
Capital Vacations*

Beyond personal well-being, vacations also lead to professional gains. Research from Harvard Business Review reveals that employees who take time off return with improved creativity, sharper problem-solving skills, and greater motivation. "We've seen firsthand how taking a well-deserved vacation leads to happier, more engaged individuals. Our goal is to make vacationing accessible and stress-free so our members can fully experience these life-enhancing benefits," said Travis Bary, Co-President of Capital Vacations.

Studies also show that employees who prioritize vacations are more likely to be promoted and receive salary increases. Capital Vacations encourages a culture that values time off, understanding that well-rested individuals contribute more effectively to their workplaces and communities.

#### Creating Lifelong Memories Through Travel

Vacations are more than just a break from routine; they strengthen personal relationships and create cherished memories. "Vacations give families the chance to spend quality time together, free from the distractions of daily life. That quality time strengthens relationships and builds lifelong experiences," said Travis Bary, Co-President of Capital Vacations. Travel also fosters personal growth. Exploring new destinations, embracing different cultures, and stepping outside one's comfort zone enhances adaptability and broadens perspectives.

#### Capital Vacations: Making Travel Accessible

Capital Vacations is committed to providing stress-free, memorable vacations, helping individuals and families experience the benefits of travel. Whether it's a beach retreat, mountain escape, or international adventure, prioritizing vacations is an investment in long-term well-being.

For more information on Capital Vacations and how to plan your next trip, visit

[www.capitalvacationspackages.com](http://www.capitalvacationspackages.com).

###

#### About Capital Vacations®

Capital Vacations is reimagining the travel experience by connecting Independent Resorts with travelers through our innovative technology platform and curated vacation products. We partner with over 200 Independent Resorts across the U.S. and Caribbean, deploying strategic tools that help increase revenues across multiple channels. Additionally, we service over 1,000,000 travelers each year with a focus on enhancing the owner and guest experience and building long-term relationships. Visit [CapitalVacations.com](http://CapitalVacations.com).

Andy Kovan  
Capital Vacations  
+1 843-251-6415

[email us here](#)

Visit us on social media:

[Facebook](#)

[LinkedIn](#)

[Instagram](#)

---

This press release can be viewed online at: <https://www.einpresswire.com/article/804502371>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.