

# Give Your Loved Ones the Gift of Time

**By Lou Ann Burney and Sarah Jane Scruggs**

Washington, DC – February 12, 2010 – Are you looking for the perfect gift for a loved one? With affordability on everyone's mind, the American Resort Development Association (ARDA) reminds people that there's no gift like the gift of spending time with your loved ones and away from the strains of daily life. ARDA points to a growing body of research that show there are undisputed, long-term benefits associated with taking vacations that contribute to stronger relationships and better health.

Howard Nusbaum, ARDA president and CEO says "Medical research shows that spending quality time with loved ones – not the occasional day here or there – has proven beneficial in strengthening relationships and rejuvenating your overall well being."

According to ARDA, such medical data supports the view that vacations should be seen as a necessity rather than a luxury. The timeshare industry has long since promoted the need to take time to vacation at least once a year. In fact, it's one of the reasons why timeshare owners continue to travel despite tough economic times.

"People are looking for options to get the most value out of their vacations," said Nusbaum. "Timeshare accommodations allow for families to enjoy each other's company eating around a dining room table instead of spending money at restaurants every night or sharing a pizza on a hotel bed." And timeshare ensures this process will happen at least once a year, every year, which means a healthier, more relaxed life.

For further information, please visit [www.VacationBetter.org](http://www.VacationBetter.org).