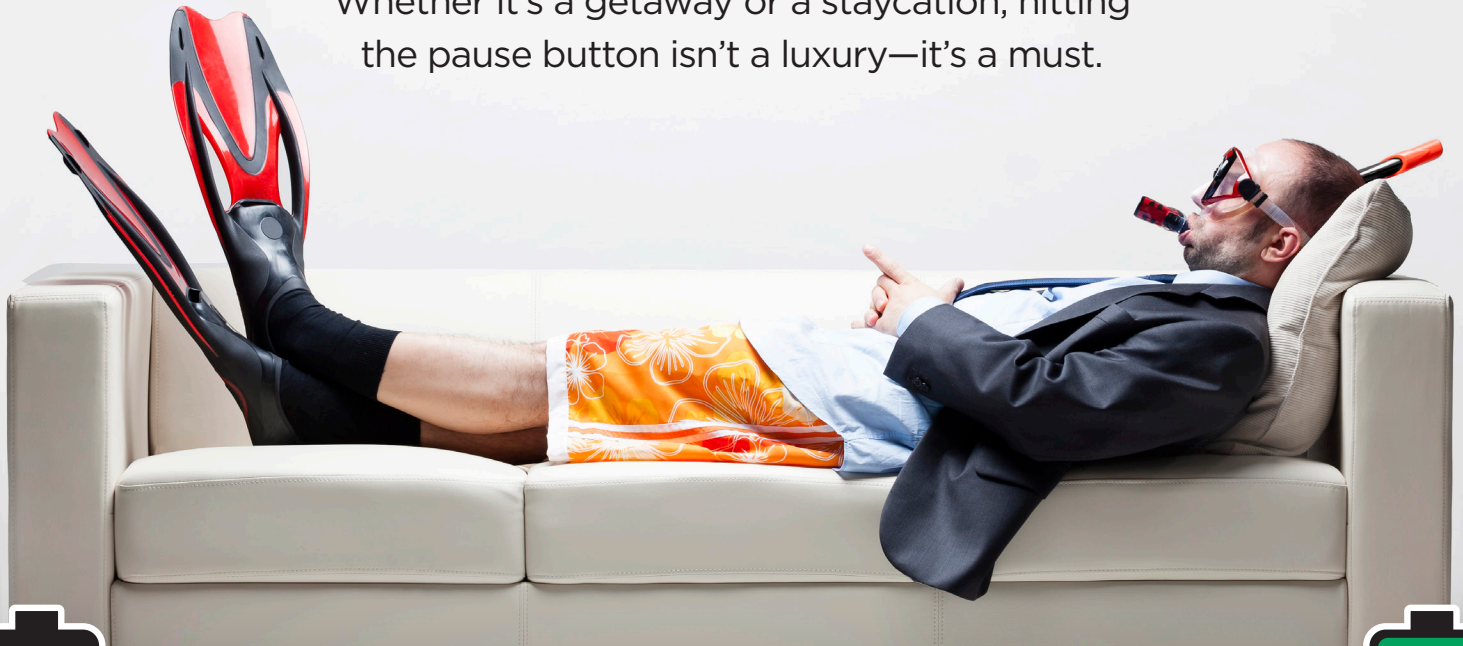


# Rest and Recharge *this Summer*

Have you been running nonstop this year? Whether it's a getaway or a staycation, hitting the pause button isn't a luxury—it's a must.



## When we don't recharge

Stress and burnout increase.

Fatigue/lack of quality sleep.

Impaired problem-solving.

## Benefits of time off

Focus and efficiency improve.

Deeper and more restorative sleep.

Enhanced cognitive abilities and creativity.



## Start planning

### **A**ssess

Check schedules for the best time off.

### **B**udget

Set spending limits and consider staycations or travel deals.

### **C**heck

Explore destinations, best travel times, and special offers.

[wanderlog.com](http://wanderlog.com)  
[tripit.com](http://tripit.com)  
[skyscanner.com](http://skyscanner.com)  
[alltrails.com](http://alltrails.com)  
[thepointsguy.com](http://thepointsguy.com)

# Hit the Road *this Summer*

The U.S. has something for everyone — beautiful parks, museums, cultural attractions, great food and much more.

## Lassen Volcanic National Park, Mineral, CA

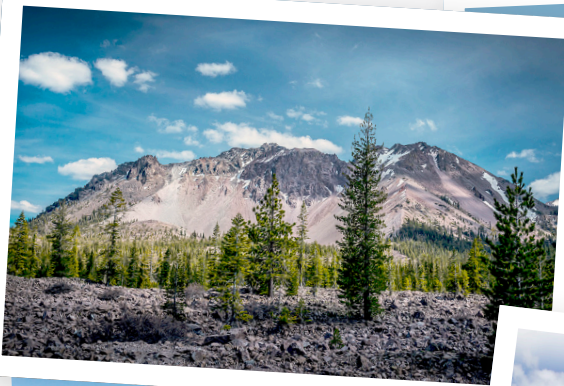
- Hydrothermal areas
- Hiking
- Camping

## Assateague Island National Seashore, MD/VA

- Sandy beaches
- Maritime forests
- Wild horses

## Michigan's Upper Peninsula

- Swimming
- Hiking
- Mackinac Island



## Coeur d'Alene, ID

- Resort Golf Course
- Camping
- Boating and fishing

## Wichita, KS

- Museums
- Sedgwick County Zoo
- Great Plains Nature Center

## Northeast Georgia Mountains

- Small-town charm
- Waterfalls
- Historic sites

Enjoy your adventures! And if you find your dream home along the way, I can put you in touch with a professional real estate agent from my network across North America.