

# HOTELS CAN EMPOWER BUSINESS TRAVELERS TO RECLAIM WELLNESS

As the second largest business-travel market, Americans are traveling for business now more than ever -- accounting for **\$292.3 million** of an overall **\$1.3 trillion** spend. For these travelers, corporate trekking can be measured in much more than accrued point, miles, status and upgrades. Frequent business travel is also tied to detrimental health outcomes.



## NEGATIVE HEALTH IMPACTS OF BUSINESS TRAVEL



**OBESITY**



**CARDIOVASCULAR DISEASE**



**SLEEP DEPRIVATION**



**DEPRESSION & ANXIETY**



**PREMATURE AGING**



**LACK OF PHYSICAL ACTIVITY**



**ALCOHOL DEPENDENCE**



**SMOKING**

**92%**

Higher Odds of Obesity in Ultra Travelers (21+ nights/mth)

**80%**

Higher Rate of Insurance Claims for Men Traveling Internationally

**260%**

Rate at which Extensive Travelers Rate their Health as Fair or Poor

**75%**

Business Travelers Who Report High Stress

## HOTELS FIT FOR BUSINESS TRAVEL

Hotels can help business travelers reclaim their health. How? Through guest room experiences that mitigate the wear and tear of frequent travel and promote wellbeing.

- ✓ Hotels truly fit for business travel can offer travelers:
- ✓ Clean Purified Air
- ✓ Allergy - Friendly Bedding
- ✓ Environments Free from Bacteria, Virus, Germs and Toxins
- ✓ Better, More Restful Sleep!



**Pure**<sup>™</sup>  
wellness

Hotels offering Pure Rooms promote well-being for their guests. Pure Rooms' comprehensive and patented seven-step process create fresh hygienic environments that lead to more energy, vitality, and comfort for guests. **Get Fit. Get Pure Rooms.**

**Sources:**

- GBTA BTI™ Outlook—Annual Global Report & Forecast. Global Business Travel Association, 2018.
- Business Travel and Self-Rated Health, Obesity, and Cardiovascular Disease Risk Factors. Journal of Occupational and Environmental Medicine - Apr 2011
- Business Travel and Behavioral and Mental Health. Journal of Occupational and Environmental Medicine - July 2018
- Just How Bad Is Business Travel for Your Health? Harvard Business Review. By Andrew Rundle. May 31, 2018