



According to the London Sunday Times, taking three weeks off a year could lengthen your life, giving still-working senior roamers another reason to get out and see the world.

People who took less than three weeks off work annually, say the scientists, were 37% more likely to die early. Even if you're health-conscious, working too hard and not taking time to travel will shorten your life. So, hit the road, air and sea now!