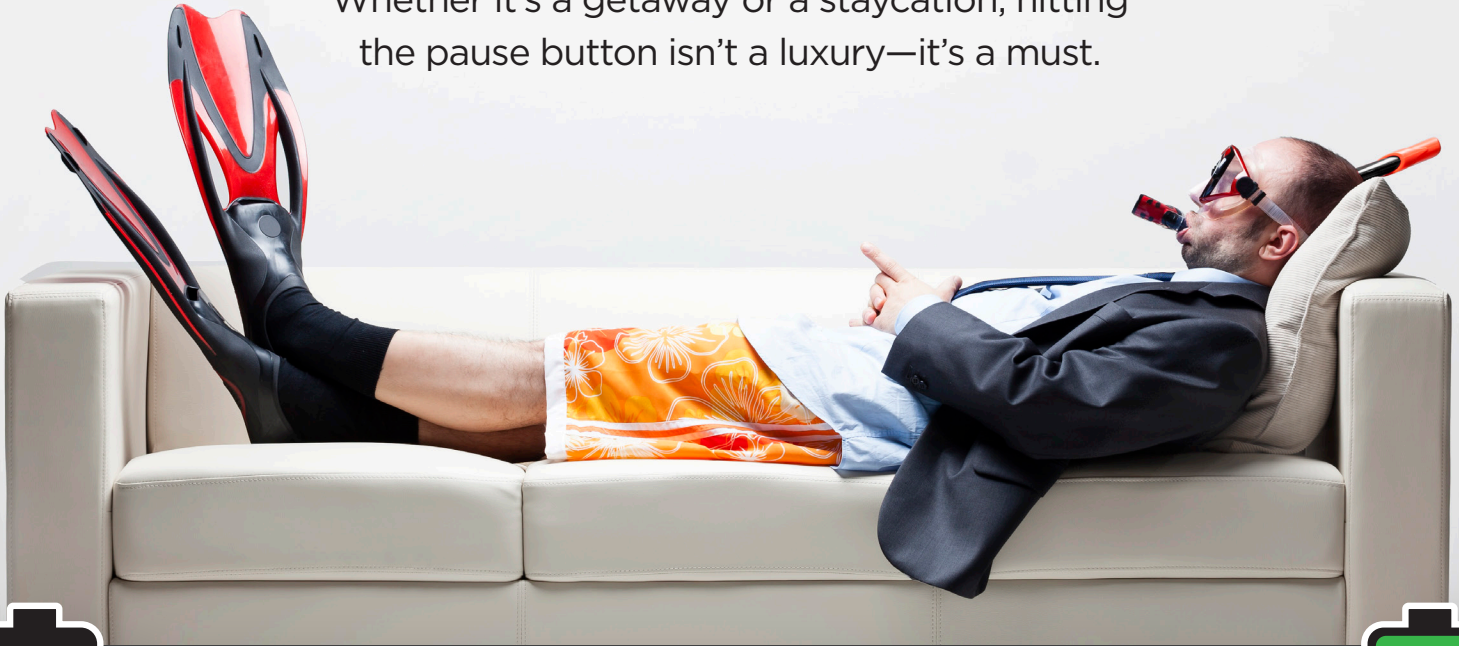


# Rest and Recharge *this Summer*

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](https://wanderlog.com)

[tripit.com](https://tripit.com)

[skyscanner.com](https://skyscanner.com)

[alltrails.com](https://alltrails.com)

[thepointsguy.com](https://thepointsguy.com)

# Hit the Road *this Summer*

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

## Northwest Territories

- Water sports
- Camping
- 24 hours of daylight during the summer

## Whistler, BC

- Hiking
- Golf
- Cloudraker Skybridge

## Manitoba

- Camping
- Self-guided bison tours
- The northern lights



## Québec City

- Old Québec City historic district
- Citadelle de Québec
- Montmorency Falls Park

## Prince Edward Island

- Outstanding seafood
- Red sand beaches
- 400 fairways and 30 golf courses

## Ottawa, ON

- Bike along the Rideau Canal
- Parliament Hill
- Music festivals

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.