**Chapter 14:**

**Conclusions: The Future of Wellness Management in Foodservice, Hospitality, and Tourism Businesses**

**Test Questions**

*Multiple Choice*

1. Members of which generation tend to be more traditional travelers, looking for standardized itineraries and guided tours?
   1. The Silent Generation
   2. Generation X
   3. Generation Y
   4. Generation Alpha
2. Which is the first generation to embrace using technology and apps to manage their health, and to spend more on health and fitness?
   1. The Silent Generation
   2. Baby Boomers
   3. Generation Y
   4. Generation Alpha
3. Which generation is just beginning to travel on their own, is more socially conscious than previous generations, and is more concerned about humanity’s influence on the planet?
   1. The Silent Generation
   2. Generation X
   3. Generation Z
   4. Generation Alpha
4. Which generation is the first to be born entirely in the 21st century?
   1. The Silent Generation
   2. Generation X
   3. Generation Z
   4. Generation Alpha
5. Hotels restricting cell phone usage to help guests overcome an addiction to technological devices is known as:
   1. Health intervention
   2. Sustainability
   3. Overtourism
   4. Digital detoxing
6. In the time immediately following a crisis, what is the most likely response from travelers?
   1. They will not change any travel plans
   2. They may change the way they are getting to their destination
   3. They are likely to postpone or cancel any upcoming trips
   4. They are likely to book a trip to a major city
7. “Finding a way that tourism can be maintained long-term without harming natural and cultural environments” is the definition of:
   1. Overtourism
   2. Sustainable travel
   3. Digital detoxing
   4. Bleisure

1. One possible *positive* effect of a global pandemic or crisis is:
   1. A destination can recover from previous overtourism
   2. Travelers may cancel their trip plans
   3. Travel companies might go out of business
   4. Increased fear of traveling
2. Which generation of women are looking for respite from their hectic lives by engaging in meditation, mindfulness, spa treatments, and yoga?
   1. The Silent Generation
   2. Baby Boomers
   3. Generation X
   4. Generation Y
3. Which generation prioritizes work life balance?
   1. The Silent Generation
   2. Baby Boomers
   3. Generation X
   4. Generation Y

*True/False*

1. Customized and specific dietary needs will remain popular in wellness travel.

T

1. Older generations are not concerned with wellness travel.

F

1. Technology will not have an impact on future wellness travel.

F

1. Wellness travel programs do not take inspiration from other cultures.

F

1. Workplace wellness is not expected to continue as a trend.  
   F
2. When travelers mix leisure time with their business trips it is called “bleisure”.

T

1. COVID-19 has a negative effect on overtourism.

F

1. Generation Z is characterized as being selfish and expecting instant gratification.

F

*Short Answer*

1. Discuss the concept of customization and personalization and how it affects wellness travel now and in the future.

See section 13.4.3.

1. Describe the importance of Generation X women in wellness travel, and what they are looking for.

See section 13.5.1.

1. Discuss the trend of overtourism and how wellness travel might be helpful in reducing its effects.

See section 13.6.1.

1. Discuss the generational difference in regards to wellness among the different generations discussed in the chapter.

See section 13.5