



### **General Tips:**

- Try to keep your feet elevated by using the leg rests while in flight—rest your feet on your carry-on luggage if necessary.
- If you have the opportunity, move around the cabin—try walking to the restroom and back several times.
- Drink plenty of fluids, preferably water, to prevent dehydration—avoid alcohol.
- Walk around in the airport for 30 minutes before boarding your flight.

### **Exercising In Your Seat**

- *Ankle Circles:* Lift your feet off the floor and twirl them as if you're drawing circles with your toes. Do this for 15 seconds, then reverse direction—repeat as desired.
- *Foot Pumps:* Keep your heels on the floor and lift your toes toward you as high as possible. Hold for a second or two, then flatten your feet and lift your heels as high as possible, keeping the balls of your feet on the floor. Do this for 30 seconds—repeat as desired.
- *Knee Lifts:* Keeping your leg bent, lift your knee up towards your chest. Bring back to normal position and repeat with your other leg. Do this 20 to 30 times for each leg.
- *Shoulder Roll:* Lift your shoulders upward, and then pull them backward, downward, and forward, creating a circular motion. Continue for 30 seconds, then reverse direction—repeat as desired.
- *Arm Curl:* With your arms on the chair rests, bent at a 90-degree angle, raise one hand up to your chest and back down. Alternate hands and do this for 30 seconds—repeat as desired.

### **Stretching In Your Seat**

- *Knee to Chest:* With both of your hands clasped around your right knee, bend forward slightly and pull your knee to your chest. Hold that positions for 15 seconds; then slowly let your knee down. Repeat with your left knee. Perform 10 of these stretches for each leg.
- *Forward Flex:* Keep both of your feet on the floor and bend forward slowly, reaching for your ankles. Hold that position for 15 seconds and slowly return to a normal seated position.
- *Overhead Stretch:* Raise both of your hands straight up over your head. Use one hand to grab the wrist of the opposite hand and gently pull to one side. Hold that position for 15 seconds, and repeat with the other arm.
- *Shoulder Stretch:* Bring your right hand over your left shoulder. Then place your left hand behind your right elbow and gently pull your elbow toward your body. Hold that position for 15 seconds and repeat with your other arm.
- *Neck Roll:* Relax your neck and shoulders. Then drop your right ear to your right shoulder and gently roll your head forward and to the other side, holding each position about 5 seconds. Repeat this 5 to 10 times.