

## Exercise and stretch regularly while seated

### SEATED EXERCISES



**ANKLE CIRCLES** Lift feet off the floor, draw a circle with the toes, simultaneously moving one foot clockwise and the other foot counterclockwise. Reverse circles. Do each direction for 15 seconds. Repeat if desired.



**FOOT PUMPS** Start with both heels on the floor and point feet upward as high as you can. Then put both feet flat on the floor. Then lift heels high, keeping the balls of your feet on the floor. Continue cycle in 30-second intervals.



**KNEE LIFTS** Lift leg with knee bent while contracting your thigh muscle. Alternate legs. Repeat 20 to 30 times for each leg.



**SHOULDER ROLL** Hunch shoulders forward, then upward, then backward, then downward, using a gentle, circular motion.



**ARM CURL** Start with arms held at a 90-degree angle: elbows down, hands out in front. Raise hands up to chest and back down, alternating hands. Do this exercise in 30-second intervals.

### SEATED STRETCHES



**KNEE TO CHEST** Bend forward slightly. Clasp hands around left knee and hug it to your chest. Hold stretch for 15 seconds. Keeping hands around knee, slowly let it down. Alternate legs. Repeat 10 times.



**FORWARD FLEX** With both feet on the floor and stomach held in, slowly bend forward and walk your hands down the front of your legs toward your ankles. Hold the stretch for 15 seconds and slowly sit back up.



**OVERHEAD STRETCH** Raise both hands straight up over your head. With one hand, grasp the wrist of the opposite hand and gently pull to one side. Hold stretch for 15 seconds. Repeat on the other side.



**SHOULDER STRETCH** Reach right hand over left shoulder. Place left hand behind right elbow and gently press elbow toward shoulder. Hold stretch for 15 seconds. Repeat on the other side.



**NECK ROLL** With shoulders relaxed, drop ear to shoulder and gently roll neck forward and to the other side, holding each position about five seconds. Repeat five times.

## inflight comfort

**LONG-DISTANCE FLYING** can be demanding, as your body deals with different time zones and disruptions to normal sleeping, eating and exercise patterns. Altitude may make your body more sensitive to the effects of alcohol and caffeine. Sitting in one place for a long time can be uncomfortable and slow down your blood circulation.

To help your body adjust to flying and to maintain your personal comfort and wellbeing, we recommend you take the following steps:

- **Keep hydrated** Drink plenty of fluids—water, juice, non-caffeinated soft drinks—to prevent dehydration, fatigue and headaches. Minimise intake of alcohol and coffee. Moisten the face to help reduce the drying effects of cabin air;

- **Eat lightly** Eat lightly on longer flights to avoid indigestion—our inflight menu is designed to provide lighter option meals;

- **Exercise** We encourage you to do the gentle onboard exercises diagrammed on this page to enhance your wellbeing during the flight. We recommend you do these exercises for about five minutes every one to two hours. You should also occasionally walk down the aisles, as space permits. In addition, we recommend that you avoid crossing your legs;

**Please note:** You should not do any of these exercises if they cause you pain or cannot be done with ease.

- **Moving About the Aircraft** You may move about the aircraft as space permits and when the seat belt sign is off. However, for your safety, please remain seated with your seat belt fastened whenever the seat belt sign is on.

*If you feel unwell, tell the cabin crew. They can assist with the more common inflight complaints and, if necessary, can seek further advice and assistance for you.*

- **On descent** On descent, ears and sinuses can cause discomfort, due to the change in air pressure. To minimise discomfort:

- Yawn or swallow frequently;
- Pinch your nostrils together and blow firmly into your cheeks with your mouth closed.

If you have ongoing discomfort, seek the advice of the cabin crew.

**Have a pleasant flight.**