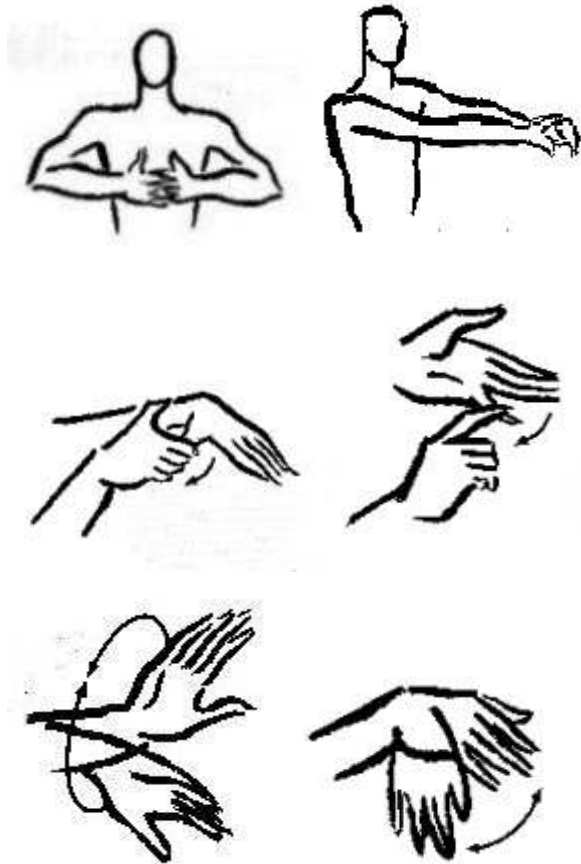


## IN FLIGHT EXERCISES

To print and take with you on your flight.



### HANDS

Link fingers. Breathe in.

Stretch out arms. Breathe out. Repeat 3-4 times.

Palm to ground, stretch thumb towards the wrist and breathe out.  
Repeat on other hand.

Palm up, stretching each finger downwards, breathing out.

Rotate wrists 5-10 times clockwise and anti-clockwise. 4 Shake out the hands.



## **BACK, NECK and SHOULDERS**

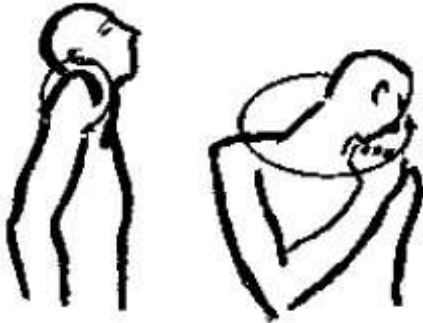
1 Link fingers and rest hands on the back of head. Allow weight of head and arms to stretch out neck and upper back. Breathe deeply 5 times.

Place right hand on the left side of head, hook tips of fingers in ear and lean to one side. Breathe 5 times and repeat other side.

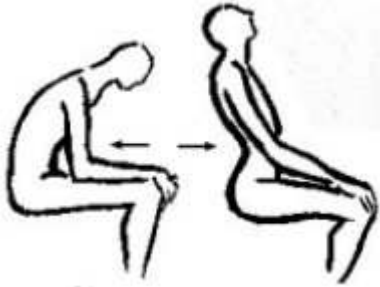


Rotate neck slowly 5 times in each direction.

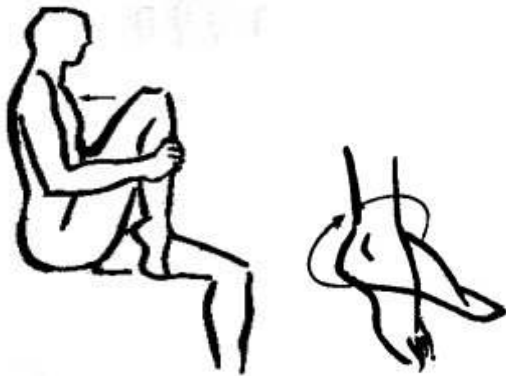
Rotate shoulders backwards 5 times and forwards 5 times.



Rotate shoulders backwards 5 times and forwards 5 times. 6 Turn to face back of seat keeping hips square. Repeat 3-5 times each side.



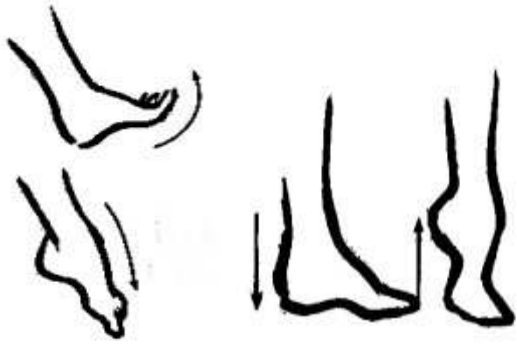
Sitting up straight, hands on knees, alternately round back and then push out chest. Repeat both 3-5 times.



#### **LEGS AND FEET**

Alternately bring knees to chest 5 times

Rotate ankles 10 times clockwise and 10 times anticlockwise



Spread out toes and bring them towards you then clench and point away.

With feet on floor raise heels then lower. Repeat 20 to 30 times

### HEAD AND FACE



With tips of fingers lightly tap top and side of your head

With tips of fingers gently massage from temples to jaw

Rest head forwards on to thumbs, then squeeze along eyebrows with thumb and forefinger



Massage with finger from under eyes along cheekbones



Massage with finger from either side of nostrils down along upper jaw



Massage along lower jaw with finger tips



Rotate jaw circling 5 times left and then right



Rotate tip of nose with palm of hand 5 times each direction



Firmly pull ears up and down 3 times each. Then rotate forwards

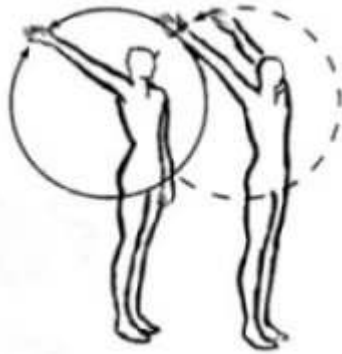
If your flight is split into two or more stages, you'll probably be able to get out and stretch your legs at an airport en route to your final destination. Here are a few exercises designed to take full advantage of this opportunity.

*You will need to find some space to do these exercises !*



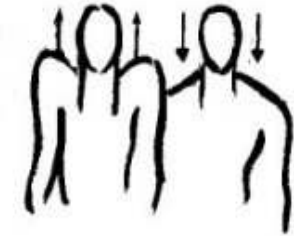
Rotate head slowly 5 times from right to left

Lift shoulders, then release, breathing out



Rotate arm 10 times forwards and backwards. Repeat with both arms together

Lift shoulders, then release, breathing out





Stand with feet parallel and knees slightly bent, hands on hips. Rotate hips 10 times right, 10 times left.

Shake out arms and legs



Link hands behind back, breathing out, bend forwards extending arms. Repeat twice.



Sitting between heels, gradually ease down on to elbows. Stop when you feel the stretch. Hold and breathe deeply



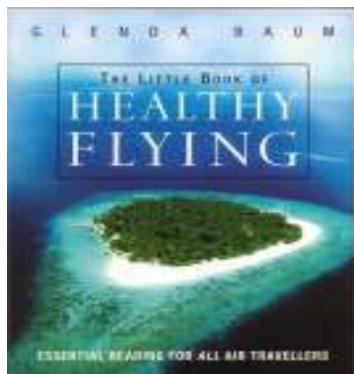


Breathing out, lower head towards feet. Breathe deeply. Repeat twice.

Turn to face foot, breathing out, bend head to knee, hands towards foot. Breathe deeply and repeat other side.

Lie with eyes closed and breathe deeply.

Cross legs and bring head towards feet, breathe deeply. Cross other arm and leg in front and repeat twice.



**'The Little Book of Healthy Flying'** - This is a great book, small enough to carry with you in your pocket or handbag and FULL of excellent advice for air travellers, from mid-air exercises to planning your journey and helping you reduce your stress levels when travelling. Written by Physiotherapist Glenda Baum. This book at £3.99 can be purchased from [www.amazon.co.uk](http://www.amazon.co.uk)