

# Exercises/Stretches While Airborne

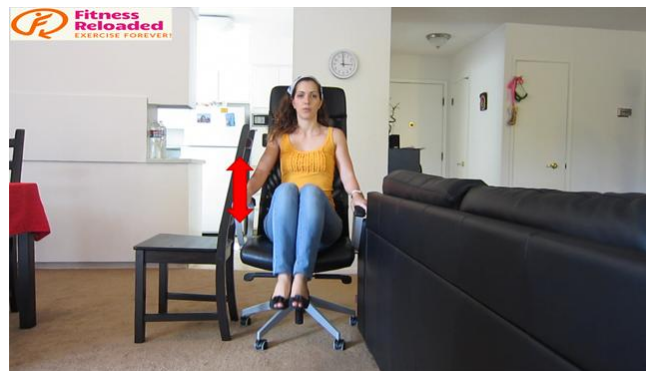
It's the month of August! It is one of the most popular times in the year where we all go on vacation to enjoy ourselves. It's common that for most of our planned vacations, we travel on an airplane. Being in your seat for hours may get stiffening and uncomfortable. With that being said, there are exercises and/or stretches that can be performed while you are on your way to make great memories on your long-awaited vacation.

## *Leg Exercises*

These leg exercises below are very beneficial as they reduce your risk of developing blood clots, according to ACE.

### **Exercise #1: Leg Lifts**

While sitting in your seat, bring your feet close together. Without touching your feet on the floor, pull your knees up and down. Repeat this exercise at least 8 times. Leg lifts can also be very beneficial to your abs. The American Council on Exercise (ACE) recommends this exercise.



### **Exercise #2: Circles**

From the same starting position as leg lifts, elevate your knees and rotate your ankles. Make 8 rotations with both feet and then rotate in the opposite direction.



### **Exercise #3: Crossover Lift**

While sitting in your seat, place your left ankle on top of your right knee. Next, pull your right leg up and then lower it. Repeat that at least 8 times, then switch sides.



### *Arm Exercises*

While moving your arms and shoulders, not only do those areas of your body feel a stretch but your back and core muscles are involved as well. Stretching these areas of your body will relieve the aches caused by sitting still for hours.

### **Exercise #4: Stand on Fists**

While sitting in your seat, make fists with your hands and place them close to your knees. Next, push your weight forward and pull yourself up. Your feet should be off the ground and your bottom should be elevated off of the seat. Now, hold this position for 20 seconds.



\*You can add an extra challenge to this exercise by pulsing your knees up and down while elevated in this position

### **Exercise #5: Arm Across Chest**

While sitting in your seat, you may perform this stretching technique identical to the example below. Pulling your arm across your chest and pressing it against your body with the other hand will give you the appropriate stretch. Hold the position for 20 seconds and then switch sides.



### **Exercise #6: Behind the Back Triceps/Shoulder Stretch**

Lift your arm in the air, then bend your elbow so your hand is pressed against the back of your shoulder. Use the other hand to gently press down on the bent elbow to feel the appropriate stretch. Hold this position for 20 seconds in your seat then switch sides.



That concludes the flight exercises/stretchers. Now that you've landed at your destination, you can grab your bags and make your exit in peace with loose muscles. Enjoy your vacation in great health! Health is wealth!