

# Mile-high moves

Stay active while traveling to stay healthy and avoid exhaustion

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**FITNESS.** Getting to your destination can be stressful and draining. And most of this weariness is surprisingly induced while sitting in the waiting area, sitting on the plane and then standing impatiently by baggage claim.

**DEBI LANDER, M.Ed.**, fitness director for the live-remote weight-loss coaching Web site TrimTalk.com, stresses the importance of keeping active while taking long-haul flights.

"People arrive at the airport, and they just sit," Lander says, noting that it is little wonder that travelers often feel fatigued and uncomfortably cramped by the time they get to point B. "With the new security measures, more people are checking their bags. Go for a walk in the airport before you get on the plane. Don't just sit there waiting to sit."



Don't just wait to sit on the plane by sitting at the airport terminal. Take the opportunity to walk or stretch, keeping your body in motion.

Lander also encourages travelers to get over their shyness and stretch in the waiting area. If small children are traveling too, get them in on the act by play-

ing Pied Piper or having a round of jumping jacks — activities that can drain them of some of their energy by the time they board and have to sit for a

long period of time.

**BUT WHAT ABOUT** that square foot of space you're allotted on the aircraft? At this stage of your journey, movement becomes even more important to maintaining blood flow and reducing the possibility of debilitating cramps or, even worse, a dangerous blood clot (known as deep vein thrombosis or DVT) in your legs. In addition to periodically taking to the aisles, Lander suggests seated exercises such as toe taps, ankle circles, shoulder rolls, knee raises and forward and over-the-head arm stretches.

In the kitchen or galley, more elaborate exercises, such as ankle grabs, upward leg stretches and squats, can be performed.

By journey's end, all of those little movements can add up to one less cramped, cranky, tired person at the dinner table. "You will feel better overall," Lander says. "You will feel more refreshed."

