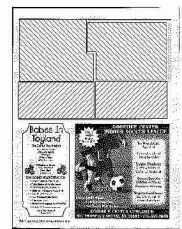


✓ Do isometric exercises in your seat. Just by flexing a few times during the flight, you can maintain muscle tightness and otherwise maintain good circulation. Simply flex your individual muscle groups when sitting. For example, tighten your abdominals and hold for 60 seconds, but remember to keep breathing through your nostrils.

✓ Crunch! Every half hour, do 12 "rear-end crunches." While sitting, tighten your buttocks muscles and hold for 10 seconds. Start with 3 repetitions, and work up to 5 or more.

✓ Think outside the box. Take this opportunity to exercise an area of your body that usually gets little attention – your fingers, hands and forearms. Hand grips, exercise putty and other forearm, hand and finger exercise systems are readily available, and they fit nicely into even a small carry on.

✓ Focus on your posture. While seated, consciously focus on sitting tall with your neck relaxed, shoulders back, lengthened spine, feet on the floor and abdominals tight.



Maintaining good posture involves most of the muscles in your body and keeping your body in good alignment will help to avoid traveling kinds. Practicing good posture can even make you look 10 pounds lighter.

✓ Take a walk. Every hour, get up and walk up and down the aisles or do some deep breathing for about 5-10 minutes. Oxygenating your muscles and getting the blood pumping will give your metabolism a boost.

✓ Stretch! Every hour do some chair stretches. While sitting and space allowing, bend over in your chair and let your arms hang down...then sit up and take five deep and slow breaths...in through your nose, and out through your mouth.

✓ Meditate. Sit quietly with your eyes closed and take cleansing breaths while focusing internally. The purpose is to relax your mind, reduce your stress and ultimately release physical tensions.

**Millions fly the friendly skies each and every day. But, sitting on an airplane - sometimes for hours on end - does little to promote one's health and physical fitness and is, in fact, often an emotional and physical drain. But, there ARE ways to take flight without being worse for the wear.**

*Debi Lander, M.Ed., Director of Fitness for Trimtalk.com, offers these tips on what holiday travelers can do on a space-restricted airplane to keep the blood flowing.*

***Here are some healthy snack ideas that travel well:***

- ❖ Any kind of pre-washed fresh fruit
- ❖ Popcorn: Top air popped popcorn sprinkled with "butter buds" or with light parmesan cheese. Put in a baggie and off you go!
- ❖ Pretzel sticks
- ❖ Nuts: roasted or raw almonds, walnuts or peanuts (not oiled or candied)
- ❖ Low fat string cheese or chunked low fat cheese
- ❖ Cereal bars (first ingredient should be whole grain; each should have less than 10 grams of sugar per bar and maximum 3-4 grams of fat).
- ❖ Dried or dehydrated fruit: raisins; apricots, pears, apples
- ❖ Frozen grapes make deliciously icy finger popping foods
- ❖ Baked chips, or healthy Pita Chips. Quarter whole wheat pitas; season, bake and bag to go!
- ❖ Don't forget the water – you can get dehydrated quickly when flying!

Check with your airline for their specific regulations.

**Provided by Jennifer Baumann, MS, RD, LDN, TrimTalk.com Director of Nutrition**