

Passenger health guide

STAYING HYDRATED WHEN FLYING

This guide offers strategies to boost hydration after a flight once you have arrived at your destination.

Hydration is crucial when flying, as the aircraft cabin environment and changes in routine, worsen the symptoms of jet lag.

Staying hydrated before and during your flight will support post-flight hydration tips aimed at minimizing jet lag and making your travel more comfortable:

1. Continue to hydrate: once you have arrived at your destination, continue to drink water regularly, especially if in a hot or dry climate.
2. Limit diuretics: try to avoid or limit beverages like coffee and alcohol, especially after you arrive, to help your body adjust to the new time zone.
3. Monitor urine: keep an eye on the color of your urine as a quick check on your hydration status. Aim for light yellow.
4. Get natural electrolytes: if you have arrived in a hot climate, drinks like coconut water can be a natural source of electrolytes to help you rehydrate.
5. Adjust to local time: try to eat and drink according to the new time zone to help your body's internal clock adjust more quickly.

Extra Tips

1. Hydration apps: consider using an app to remind you to drink water at regular intervals.
2. Consult a healthcare provider: if you have a pre-existing condition that might affect your fluid balance, consult a healthcare provider before making significant changes to your hydration routine.

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JET LAG MANAGEMENT

This guide offers strategies to reduce jet lag after arriving at your destination.

Jet lag is a temporary sleep disorder that occurs when a person's internal body clock is out of sync with the time zone they are in. This can cause various symptoms such as insomnia, daytime fatigue, difficulty concentrating, stomach issues and a general feeling of not being well. Whilst there is no way to eliminate jet lag, various strategies supported by scientific evidence can help you manage its symptoms.

Strategies to reduce jet lag after arriving at your destination:

1. Sunlight exposure: natural light helps reset your internal body clock. Spend plenty of time outside during the day, especially in the morning.
 2. Take short naps: if you need to nap, keep it under 30 minutes to avoid going into deeper stages of sleep.
 3. Melatonin supplements: some studies suggest that melatonin can help reset your internal body clock. However, the timing and dosage may vary from person to person and a healthcare professional should always be consulted.
- Note: while melatonin can be useful for treating jet lag symptoms, it is not a substitute for good sleep hygiene and other jet lag prevention strategies.
4. Eat according to local time: try to eat meals according to the local time zone to help your body's internal clock to adjust more quickly.
 5. Stay hydrated: continue drinking water regularly and avoid excessive caffeine and alcohol.
 6. Exercise: physical activity can help reset your internal clock, however try to avoid vigorous exercise close to bedtime, as it may make it more difficult to fall asleep.
 7. Temperature control: keep your sleeping environment cool. A lower room temperature is generally conducive to sleep.

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REJUVENATE AND EXPLORE WELLNESS RECOMMENDATIONS

This guide offers recommendations to help you refresh post-flight by immersing in local activities that rejuvenate the mind, body and spirit.

Local wellness centers and spas – relax your body after a long flight.

- Traditional massage parlors
- Thermal baths and saunas
- Aromatherapy sessions

Nature and outdoor activities – engage with nature to recharge.

- Local parks and gardens
- Nature trails and hikes
- Beaches and lakes

Cultural and community activities – immerse yourself in local traditions.

- Local dance classes
- Craft workshops
- Local festivals and events

Physical fitness and sports – get your body moving and blood pumping.

- Local gyms and fitness centers
- Water sports
- Bike rentals

Culinary wellness – nourish your body with the local cuisine.

- Farm-to-table restaurants
- Local markets
- Cooking classes

Mental and spiritual wellness – find peace and elevate your mental state.

- Local temples, churches or mosques
- Meditation centers
- Reading rooms and libraries

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STRETCHING AND EXERCISE FOR FLIGHT HEALTH

BEFORE THE FLIGHT

This guide details health benefits of stretching and exercising when flying and offers recommendations for your flight

Benefits of stretching and exercising before the flight

- Reduce cramping and discomfort: warming up the body can reduce muscle cramps and discomfort.
- Improve blood flow: activating your muscles stimulates blood flow, ensuring your body is well-oxygenated and primed for the flight.
- Decrease anxiety: a brief routine can alleviate tension and stress, making you feel more relaxed and prepared for travel.

Recommended stretches and exercises for before the flight

Stretches

- Neck rolls: gently tilt your head from side to side, then rotate in a full circle.
- Shoulder shrugs: raise your shoulders to your ears, then release.
- Leg swings: hold onto a steady object and swing one leg forward and back.

Exercises

- Jumping jacks: a quick way to get your blood circulating.
- Squats: engage your lower body, ensuring your knees do not extend beyond your toes.
- Arm circles: extend your arms and make small to large circles, both clockwise and counterclockwise.

DURING THE FLIGHT

Benefits of stretching and exercising during the flight

- Prevent deep vein thrombosis (DVT): keeping active promotes circulation, reducing the risk of blood clot formation.
- Reduce stiffness: regular movement can prevent joints and muscles from stiffening.
- Enhance energy levels: keeping active can combat feelings of fatigue.
- Boost mood and wellbeing: physical activity releases endorphins, enhancing mood and wellbeing.

Recommended stretches and exercises for during the flight

Stretches

- Ankle rolls: rotate your ankles in circles.
- Seated twist: place one hand on the opposite knee and gently twist your torso.
- Arm stretches: raise and stretch both arms overhead.

Exercises

- Seated leg lifts: lift one leg straight out in front of you and hold. Switch legs.
- Seated marches: march your legs while seated, lifting your knees high.
- Arm presses: press your hands together in front of you, engaging your arm muscles.

AFTER THE FLIGHT

Benefits of stretching and exercising after the flight

- Aid muscle recovery: helps alleviate muscle tension built up during long flights.
- Improve posture: assists in realigning the spine and correcting posture after prolonged sitting.
- Enhance flexibility and strength: maintains and boosts flexibility and muscle strength.
- Refresh and rejuvenate: provides an invigorating boost, helping you feel more alert and energized.

Recommended stretches and exercises for after the flight

Stretches

- Forward bend: stand and slowly bend forward, reaching towards your toes.
- Quadricep stretch: hold onto a steady object, bend one knee, bringing your heel towards your buttocks.
- Spinal twist: lie down, bring one knee across your body and stretch.

Exercises

- Walking lunges: step forward with one leg into a lunge position, then switch.
- Standing leg curls: bend one knee, bringing your heel to your buttocks. Switch legs.
- Shoulder blade squeezes: squeeze your shoulder blades together, hold, and release.

The information in this guide is provided by Private Medical

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