

# FLYING FIT



## TOP TIPS TO AID PERFORMANCE AFTER TRAVEL

### Pre-Flight

-  **Adjust your sleep routine**  
30–60 mins earlier when flying east, or later when flying west, in the few days before your flight
-  **Arrive for your flight well rested**  
Lack of sleep makes travel fatigue and jet lag worse
-  **Arrive for your flight well hydrated**  
Drink plenty of water and avoid caffeine and alcohol
-  **Eat Well**  
Prepare small healthy snacks like fresh or dried fruit, energy bars or unsalted nuts to take with you. Drink plenty of water or juices after check-in
-  **Prepare a travel pack**  
Water bottle to refill, pillow, eye mask, ear plugs, noise cancelling headphones, healthy snacks, hand sanitisers, compression socks

### On board

-  **Adjust your watch to the new local time**  
Eat, drink, rest, sleep and nap on that time
-  **Drink regularly and refill your water bottle**  
250–300 ml of water every hour to stay hydrated — avoid caffeine and alcohol
-  **Stay mobile**  
Walk around the cabin and perform stretches every hour, wear compression socks
-  **Eat Well**  
Try to select meals higher in protein to promote alertness or to induce sleep opt for meals higher in carbohydrates
-  **Maximise rest and sleep**  
Wear your eye mask and earplugs/ noise cancelling headphones and avoid the use of electronic devices in the hour before scheduled sleep

### Post-Flight

-  **Hydrated**  
Keep hydrated with plenty of water
-  **Eat smart**  
Eat palatable, familiar foods to prevent GI issues, eat as close to local meal times as possible
-  **Nap strategically**  
To keep alert and recover any lost sleep, limit naps to 30 mins (set an alarm) to prevent disrupting sleep at night
-  **Seek natural sunlight**  
When travelling west seek natural light during the early evening hours; when travelling east seek natural light during the early hours of the morning
-  **Exercise**  
A light exercise session post-flight will help reduce mobility restriction due to cramped flight conditions. Combine an exercise session with light exposure