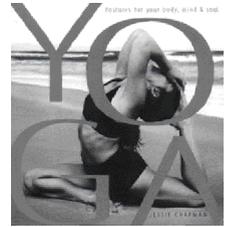


inflight health

yoga



YOGA INSTRUCTOR AND AUTHOR JESSIE CHAPMAN SHARES HER WELL-BEING TIPS.



SUKHASANA TWIST

SUKHA = HAPPY/EASY;
ASANA = POSTURE

Giving general spinal relief, the Sukhasana Twist (pictured) helps defeat sluggishness and fatigue while regular twisting prevents spinal compression; increases circulation; massages the abdominal organs; cleanses internal organs and promotes digestion.

Positioning: Make this twist airline-friendly by sitting upright in your seat, placing your left hand onto your right knee and your right hand behind you onto the seat or arm rest. Breathing through your nose, inhale, drawing the breath into the upper chest thinning your waist. As you exhale slowly twist and turn to look over your right shoulder. Use your breath: continue inhaling to lift and extend, exhaling to twist. Twist for 5 deep, full breaths, release and twist to the left.

*INFORMATION AND IMAGES REPRODUCED WITH PERMISSION FROM YOGA POSTURES FOR YOUR BODY MIND AND SOUL BY JESSIE CHAPMAN, HARPERCOLLINS AUSTRALIA

IN-FLIGHT HEALTH

- DVT (deep vein thrombosis) is blood clotting in a major vein, most commonly in the legs or lower body, causing blood flow to be slowed.
- Medical practitioners advise that certain people may be more susceptible to developing DVT. These include people who are immobile for periods of time, those with a personal or family history of DVT, people with certain blood disorders or who have recently undergone major surgery, smokers, people with heart disease, pregnant women and the elderly.

WE SUGGEST YOU:

- Drink plenty of water and other hydrating fluids during and after the flight, but limit alcohol, tea and coffee.
- Take regular walks around the aircraft when the seat belt sign is off. Also, stretch and move your arms and legs at regular intervals.
- Avoid crossing your legs when seated.
- Massage your calves and thighs and regularly move your ankles by circling and gently shaking your feet.

IF YOU EXPERIENCE ABNORMAL SWELLING, TENDERNES OR PAIN AFTER YOUR FLIGHT, WE STRONGLY RECOMMEND YOU SEE YOUR DOCTOR. THIS IS NOT A COMPREHENSIVE LIST. IF YOU HAVE ANY DOUBTS ABOUT YOUR PARTICULAR HEALTH RISKS, YOU SHOULD TALK TO YOUR MEDICAL PRACTITIONER.