

# **JET LAG** comes with its own **BAGGAGE**

## *Preventing Travel Aches and Strains*

Follow these tips to alleviate the aches and strains of travel:

### **In an Airplane**



While lifting your bags, stand right in front of the overhead compartment so the spine is not rotated. Do not lift your bags over your head or turn or twist your head and neck in the process.



Stand up straight and feel the normal "S" curve of your spine. Then use rolled-up pillows or blankets to maintain that curve when you sit in your seat.



While seated, vary your position occasionally to improve circulation and avoid leg cramps.

**Traveling can be rough on the body**

### **Travel by Car**

Adjust the seat so you are as close to the steering wheel as comfortably possible. Your knees should be slightly higher than your hips. Place four fingers behind the back of your thigh closest to your knee. If you cannot easily slide your fingers in and out of that space, you need to re-adjust your seat.

To minimize arm and hand tension while driving, hold the steering wheel at approximately

**3 o'clock and 7 o'clock** periodically switching to **10 o'clock and 5 o'clock**.



Exercise your legs while driving to reduce the risk of any swelling, fatigue or discomfort.

**Prolonged sitting can wreak havoc on your body**

Take rest breaks. Never underestimate the potential consequences of fatigue to yourself, your passengers and other drivers.