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Healthy Travel Tips

Feeling fit in-flight

By Allen Cox

Many people who live to fly have learned that flying can be tough on the body. Being confined in a small seat in a cabin packed with people potentially carrying any number of illnesses can take a physical toll. Travelers who are aware of the risks and equipped to counter them will deplane healthier and with more energy.

Fortunately, on regional carriers that fly smaller planes shorter distances, you're exposed to fewer people for fewer hours in tight quarters. The largest cabin in Kenmore Air's fleet holds 10 passengers at full capacity, hardly an overbooked jumbo jet. Just the same, taking control of your well-being is crucial for an enjoyable journey.

Arm your body with the basics

Before your trip, maintaining

your daily vitamin regimen, eating a nutritious diet, getting adequate sleep, staying hydrated and minimizing caffeine and alcohol intake will give your body a head start right out of the gate. But those basics may not be enough.

Pack your superfoods

Even on short-haul, small-plane flights, do your body a favor with the right superfoods that you can easily carry along. A snack packed with immune-boosting zinc, protein, vitamin C and antioxidants takes the edge off hunger and boosts your defenses and energy until you have time to relax and enjoy a healthy meal at your destination.

You can make a tasty and nutritious raw foods travel snack with equal parts

nuts (particularly cashews, Brazil nuts, peanuts and almonds), pumpkin and sunflower seeds, flaked raw coconut, dried goji berries and mulberries, and raw cacao beans. Packaged or bulk versions can be found in health food stores or buy the raw ingredients and prepare your own.



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Keep moving

Not only the size of the cabin, but the confining dimensions of your personal space in your seating area affect your comfort level and circulation. And, on a Kenmore flight, as relatively short as they are, regulations keep you in your seat.

That's why it's crucial that you sit in a relaxing position with good posture, feet in front of you. Stretch your legs beneath the seat in front of you if possible. Flex and stretch your ankles and feet. Rotate your feet at the ankle one way, then the other. Keep your legs moving throughout the flight. Not only will this keep the blood flowing, but avoid dangerous clots—a risk of sitting in one place without moving your legs. ✈️

Watch this column for more health tips to make your travel experience on Kenmore Air as enjoyable as possible.

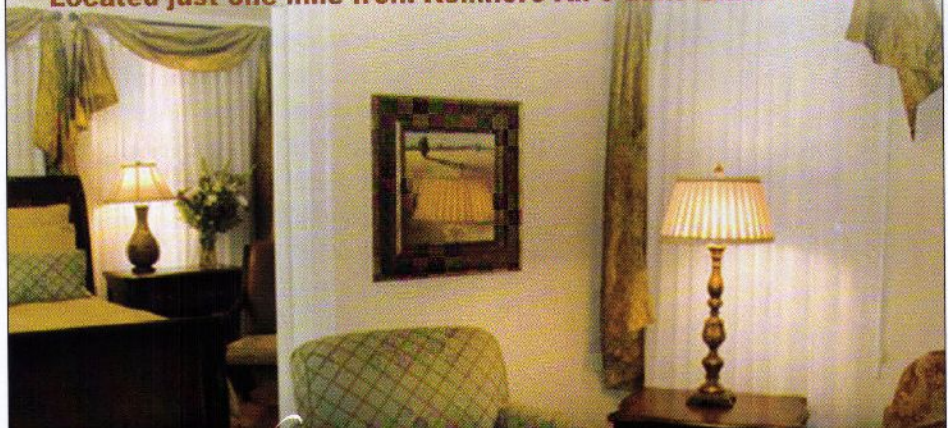


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