



Easy Exercises when Flying!

● Feet | ● Legs | ● Shoulders | ● Head



Lift up your feet and rotate your ankles in circles



Point your toes up with your heels on the floor



Raise your heel with your toes on the floor



Stretch out your legs and point your toes



Bring one knee up to your chest and hold it



Roll your shoulders back and forth



Tilt your head toward each shoulder



Walk up and down the aisle