

# Flying Starts

Leaving on a jet plane this holiday season? Don't let the airplane bugs or bad meal traps ruin your trip with these handy travel-smart tips.

## DRESS IN LAYERS

Long gone are the days of the velour tracksuit being the go-to. Instead, wear layers of clothing in breathable, comfortable fabrics that let you move around and adjust based on temperature changes—airline travellers are reportedly 20% more likely to catch a common cold, and when you're tired, keeping your body temp regulated right can help.

## LOAD UP ON VITS

We know, there's plenty of brands out there that sell pre-travel supplements for optimal health, but if you're not keen on that, the basics will do you just fine: Make sure you're getting in enough Vitamin C and B-Complex vitamins to keep your immune system strong, and don't forget to hydrate, hydrate, hydrate, from days in advance if you can.

## JUST KEEP MOVING

Who cares if some people give you strange looks: You'll have the last laugh when you're the one stepping off the plane feeling great. While we always try to get in some pre- and post-flight yoga, stretching out mid-flight can help. You'd get up every hour at your desk, so why not a plane? Stretch your legs to keep the blood flowing, and actually stretch out too.

## EAT SMART

First things first: If you can, then put in the extra effort to select a healthier meal option when you're booking your flight. Nowadays, most airlines offer everything from a low-sodium to low-carb option. Or consider buying food from an airport vendor or bringing your own: Load up on lean protein, whole grains and water-rich produce to stay fuller and more hydrated for longer.

## KEEP KEY CARRY-ONS

And by that, we mean: An empty water bottle you can ask staff to refill for you to ensure you're hydrated enough (those airline cups are tiny, right?), an eye mask (for better shut-eye), snugly socks (so you can move freely and in comfort), eye drops (no dry eyes here), moisturizer and balm (to prevent pinchy dryness), and a wrap in case the blanket isn't enough.



FEATURE: YI-HWA HANNA. PHOTOGRAPH: SHUTTERSTOCK.