



Fit in Flight



Fitness Tips for Delta Flight Attendants On-the-Go

It's important to make time for fitness, even when you're on the road - or in the air. Here's how you can get moving between cities:



Book Your Workout Like a Flight: Working out – like travel – requires planning ahead. Fit in 15 minutes on the treadmill before your flight and walk or stretch once you land.



Prep Yourself for the Luggage Lift: Stand with feet hip-width apart and place your hands shoulder-width apart on a counter, so you're in a plank position (arms straight). Bend at the elbow to 90 degrees, then push up. Repeat 20 times.



Don't Check Your Sneakers: Pack a pair of sneakers in your carry-on. You can walk to explore a new city, or visit a nearby park. Getting fresh air also helps with jet lag.



Get Ready for Take-Off: To stretch and stay limber in flight, take the time to reach for the skies with your arms, roll your shoulders and twist at your waist.



Flag Down the Beverage Cart: Drink liquids before you fly and every hour of the flight to stay hydrated in the dry cabin air. Remember, all beverages – including water, soda, tea, juice and coffee – hydrate.



No Seatbelt Required: Work your lower body by squatting. Stand in front of a seat and pretend to sit down. As soon as you feel the seat, stand back up. Repeat 20 times.



Use Your Foot Space Wisely: Movement helps your circulation in flight. Lift one foot off the floor and point and flex your toes. Then, rotate your foot at the ankle. Repeat five times on each foot.