



Tips to Stay Active While Travelling

Travelling can be an easy excuse to put off your work-outs. Although travelling, whether it's by car or plane, can certainly pose a challenge to your exercise schedule, there are a variety of ways to keep active. Many of the suggestions are great ways to incorporate more exercise into your day regardless of the time of year, while some are more specific to travelling.

Tips for Driving

Our posture is something that we often don't think about when we first get into the car and probably don't think too much about while you are driving...even if you are starting to get sore. Take some time before you hit the road and adjust your seat and posture.

- 🌀 Set the distance of your seat to the pedals
 - You should keep a slight bend in the knee, but still be able to comfortably depress the brake pedal fully
- 🌀 Adjust seat height to fit your needs
 - Optimal height should allow for full visibility of the road, while still being able to see the dash.
- 🌀 Sit up
 - Back rest should have a slight lean back (max 110°)
- 🌀 Arm Rests
 - Can be great for giving your arm a break but make sure you aren't leaning your body into the arm rest (this could cause muscular imbalances or unnecessary pain)
- 🌀 Cruise control
 - Allows you to move your leg while driving (maintain speed limit)
 - DO NOT remove your foot for long periods of time or when in traffic
- 🌀 Take a break
 - Take breaks as needed, but a 10-15 minute break every 2 hours of driving can help with keeping you alert and keep you from getting stiff



Stuck in Traffic?



The roads get a little crazier during the winter season and it is important to stay alert, but just because your car isn't moving in traffic doesn't mean that you have to sit still. Core and isometric exercises are a great ways exercise in a confined space. Also bring a tennis ball or stress ball with you to work on grip strength (and relieve stress) while you are waiting to move.

If you do a lot of driving and your car seats don't have built-in lumbar supports, you might want to think about getting a lumbar back support in addition to doing the core strengthening exercises.



What can I do when I fly?

We often think that because we are stuck in a plane that we cannot exercise. If you are flying and end up with a long layover in the airport, you can keep active to help pass the time.



🌀 In the airport

- Walk around – avoid taking escalators (or walk up the escalators)
- Take advantage of what you have around you
 - Body weight exercises – push-ups or planks – can be done anywhere. If you don't want to get your hands dirty, try some squats or lunges!
 - Use your carry-on bag as a weight
 - E.g. Bicep curls, lateral or front arm raises, etc.
 - Seats can be used to do tricep dips
- Stretch
 - Limber up before getting on the plane
 - A variety of stretches require little space to perform
- Bring along some Therabands
 - They take up little space and provide great variety of exercises

🌀 On the plane

- Walk the aisle of the plane every 30-45 minutes
 - Drink lots of water to stay hydrated and beat jet lag...and to give an extra reason to get up
- Compression socks can help improve circulation in the foot
- Give yourself a foot massage
 - Use a tennis ball or golf ball to massage the soles of your feet
- Core and isometric exercises are great for when space is limited

Additional Tips to Stay Active

- 🌀 Park further away and walk the extra distance
- 🌀 Carry your bags
- 🌀 Take the stairs



Contact

Whether you are waiting in line at the airport or stuck in traffic on your way home there are plenty of ways to keep active while travelling. To learn more about how to maintain an active healthy lifestyle on the road, or if you'd like a personalized strength & conditioning plan to help you with every step of your travels, email David@ottawaosteopath.com or call our clinic (613-521-3222) and speak with **David Witoluk, Registered Kinesiologist.**