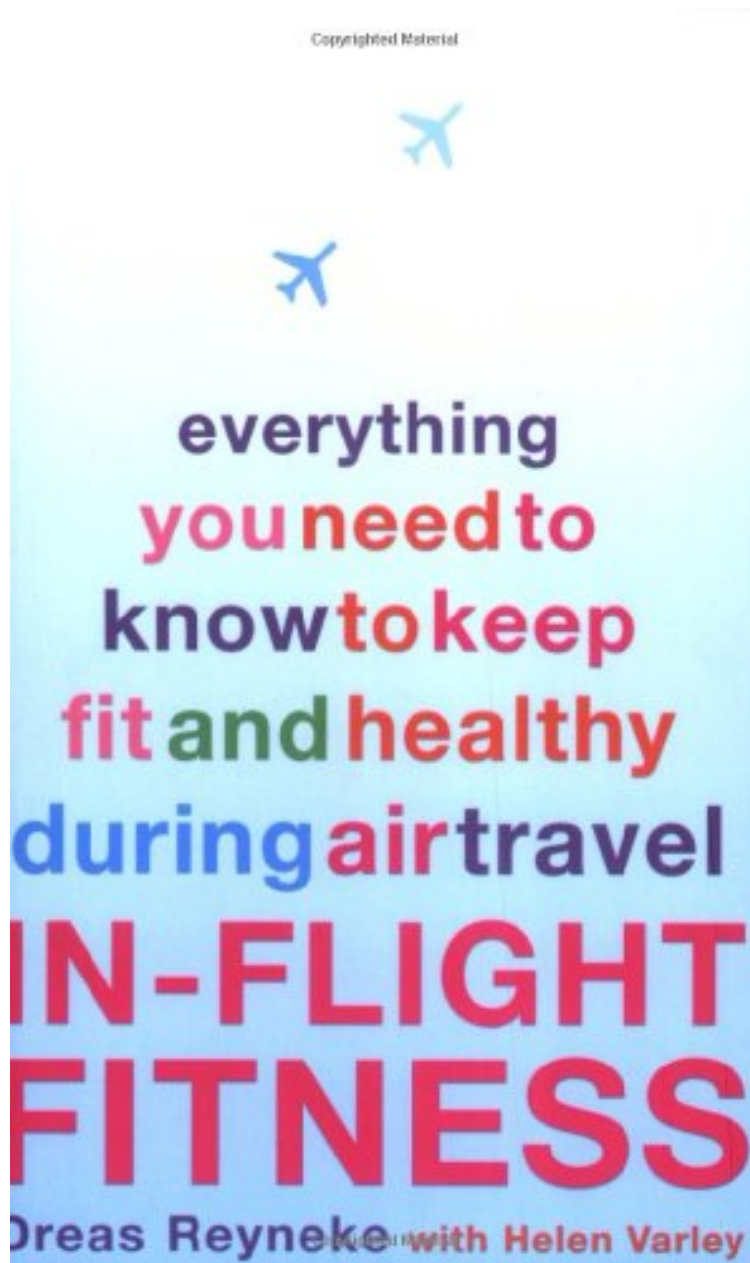


# In-Flight Fitness: Everything You Need to Know to Keep Fit and Healthy During Air Travel

*Dreas Reyneke, Helen Varley*  
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## Flight Fitness: Everything You Need to Know to Keep Fit and Healthy During Air Travel:

Now more than ever, we are aware of the potential health hazards of long-distance flights from economy-class syndrome or deep-vein thrombosis to jet lag. Fitness expert Dreas Reyneke and travel-medical journalist Helen Varley have put together the complete guide to in-flight fitness, with everything you need to know and do to enjoy a healthy and comfortable flight. Topics include preparation for travel and take-off; in-flight exercises and relaxation techniques; recognizing the early-warning signs of illness; and coping with problems like back pain, stress, and fear of flying. Whether you're an occasional passenger or a frequent flyer or even if you're journeying by bus or train this is the ideal travel companion. Dreas Reyneke, author of *Ultimate Pilates*, is internationally recognized for his contribution to the art and science of pilates-based fitness training. Helen Varley, editor of *The Fliers Handbook*, writes widely on travel and medicine.

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