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MARK ARNALL

TRAVEL FIT

Embrace *your* inner *Champion*.

Boost your immune system, combat jet lag and arrive like an F1 Champion.

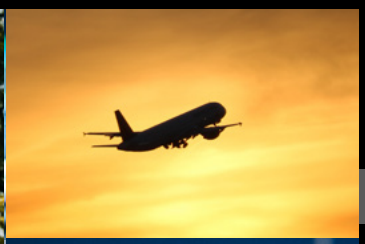
Top tips from F1 performance coach Mark Arnall, based on his unique methods of keeping World Champion drivers in top shape while travelling 240 days a year.

“I am delighted to partner with the iconic *Baur au Lac* to bring the elite level health and fitness concepts developed for World Champion F1 drivers to the guests of this legendary hotel.“

– Mark Arnall, F1 Performance Coach

“Over the past years, we have all come to realise that health is wealth but it is not always easy to maintain optimal health when travelling. This is where hotels can make a big difference. The Baur au Lac ownership and management share the common vision and mindset of bringing the best in health and fitness to their guests. This is why the collaboration with the Baur au Lac, with its visionary leadership and excellent reputation for guest service, is a perfect partner for TRAVEL FIT.”

MARK ARNALL
TRAVEL FIT



How to TRAVEL FIT

BOOST **your immune system,** ***COMBAT*** **jet leg, and arrive like a** ***WORLD CHAMPION***

Top tips from performance coach Mark Arnall, based on his unique methods of keeping world champion F1 drivers in top shape while travelling 240 days a year

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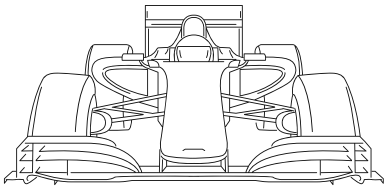
TRAVEL FIT

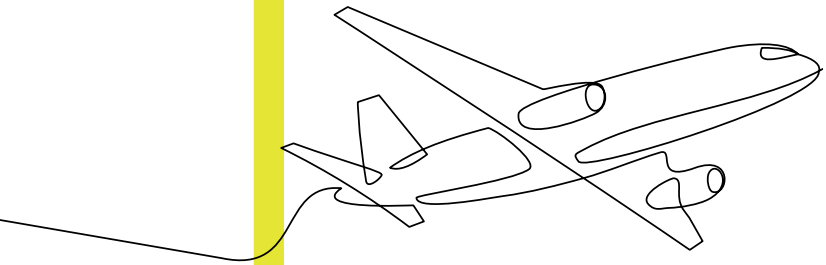
Contents



04 **Meet Mark Arnall**
A performance coach to elite athletes

05 **What is TRAVEL FIT?**
Arrive in top condition
A note from Mark Arnall

06 **Before you fly**
The art of flying
Choose your aircraft wisely
Get seat savvy
It's all in the timing
Bullet-proof the immune system
Avoid high-intensity exercise



08 **Airport essentials**
Let's talk bags
Travel kit essentials

10 **On board wins**
Keep it clean
Sleep tactics
The importance of hydration

11 **The fasting plan**
Why fast?
How to do it – the 16-8 method

12 **Fasting example**
New York to Zürich

13 **Fasting and non-fasting options**
The Argonne diet ('the jet lag diet')
What do if you're hungry – or 'hangry'

14 **On arrival**
Time for recovery
Rehydrate – for optimal performance
Choose low-intensity exercise

15 **It's ZZZZ time**
When to sleep –
and when not to sleep

16 **Give me sunshine**
Get some rays
Melatonin supplements
R&R, without the drinks

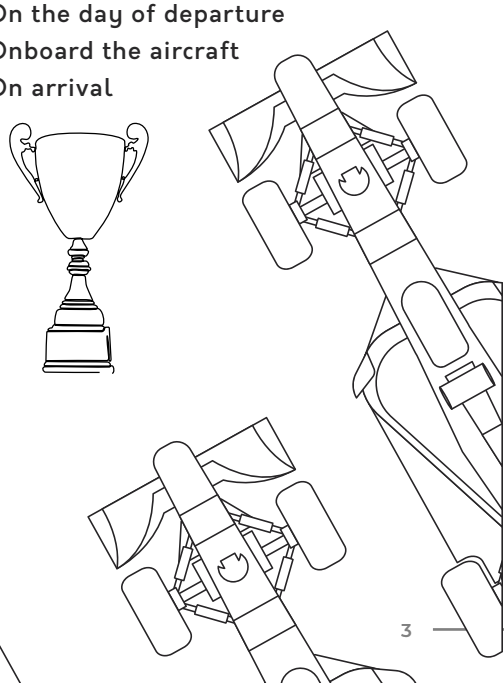
17 **Nutrition tips**
Real foods, real results

18 **The antioxidant hit list**
For a bullet-proof immune system when travelling the world

19 **Supplements, gut health and prebiotics/probiotics**
When to take supplements
The importance of gut health

20 **Perform like a champion**
Arrive revved up and ready to go

21 **The TRAVEL FIT action plan**
Booking your travel
One week before travel
On the day of departure
Onboard the aircraft
On arrival



Meet

Mark Arnall

A performance coach to elite athletes

Mark Arnall is a world-renowned health and fitness professional with 26 years of working with F1 drivers. Mark most recently worked with Sebastian Vettel, until 2023, and previously spent two decades (2002- 2022) as a personal trainer and sports therapist to Kimi Räikkönen. Prior to that, Mark worked with F1 drivers Mika Häkkinen and David Coulthard.

Mark creates bespoke training, recovery, nutritional, and travel programmes, ensuring the drivers he worked with arrived at every race in optimum condition. With the demanding F1 race calendar involving 240 days of travel each year, across multiple time zones, Mark's highly successful programmes include two crucial elements; jetlag management and immune system support.

The results of these programmes speak for themselves – Mark's drivers won three F1 World Championships and 215 podiums.

What is TRAVEL FIT

Arrive in top shape

A note from Mark Arnall

As a trainer and performance coach, responsible for several world champion F1 drivers for more than 26 years, it was my job to ensure those drivers arrived at every race in the best condition possible, both mentally and physically.

The Mark Arnall *TRAVEL FIT* programme is based on the methods I have used to help F1 drivers such as Sebastian Vettel, Kimi Räikkönen and Mika Häkkinen, as well as myself, to stay fit and healthy while travelling around the world for two-thirds of the year, incorporating exercise, nutrition, recovery, jetlag management, injury prevention and immune system support.

I've created a bespoke programme for hotel guests, featuring several benefits such as in-room workout and recovery programmes designed and instructed by me, available on your guestroom TVs; nutritious performance-enhancing food options created for and used by drivers such as Kimi, including power bowls for breakfast and signature superfoods for lunch and dinner; plus immunity enhancing drinks.

To complement the hotel programme, I've compiled this *How to TRAVEL FIT* guide, providing you with top tips on how to travel well so when you arrive at your destination, you are at peak performance for work, leisure or such is today's trend, both.

Try any one of these recommendations and you will arrive in better shape. Maximise them and you'll be on your way to arriving in the best shape possible.

Take what works the best for you and then fine tune your approach.

I hope you enjoy the read.

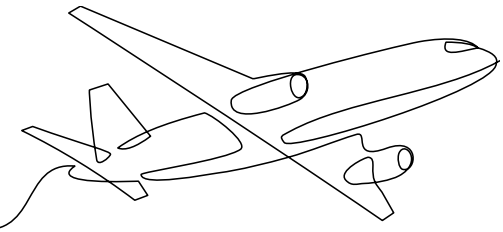
Mark Arnall

A programme that delivers results

I have given this programme to F1 drivers and team members, corporate leaders, musicians and athletes and everyone has reported very positive results, regardless of whether they have flown in premium or economy aircraft cabins.

The methods I use, which are outlined in this guide, have been proven to significantly reduce the effects of jetlag, support the immune system and ensure the traveller arrives in the best shape possible.

Before **you fly**



The art of flying

Flying creates many challenges for people. The low humidity on aircraft causes dehydration and compromises the immune system, while aircraft cabin surfaces can be covered in bacteria, although new COVID-19 cleaning and sanitisation processes have somewhat improved this. Our fellow passengers are also a source of bugs, particularly when they cough or sneeze. The type of aircraft we fly on and where we sit also impacts our wellbeing. Here are some simple steps you can take to limit the negative impact of air travel.

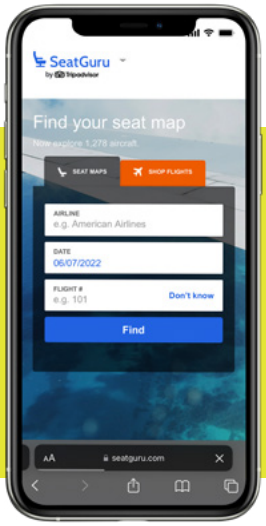
SIMPLE STEPS

Choose your aircraft wisely

The type of aircraft we travel on makes a huge difference to how we feel when we arrive. As frequent travellers, part of our plan to combat jet lag is to book ourselves onto either an Airbus A350 or a Boeing B787 Dreamliner, whenever that is possible. Why? Because both of these next-gen aircraft have been built with a composite airframe, which has several benefits versus older aircraft. Firstly, the level of cabin humidity is higher, slightly reducing the dehydrating effects of air travel and minimising our chances of getting sick while flying. Secondly the internal cabin altitude is lower, reducing some of the symptoms we associate with jet lag, which could actually be attributed to altitude sickness, including brain fog, headache and mood changes. These new aircraft are also quieter, more spacious, have fresher air, thanks to hospital-grade HEPA filters, and use LED light settings to reflect the time zone.

Get seat savvy

Pre-book your seat to avoid being designated one of the worst options – next to the bathrooms (unpleasant) or near to the galley (noisy), for example. If you do happen to be seated next to someone who is obviously sick, ask the crew if you can be moved. If the cabin is full and moving is not an option, point the overhead vent to blow directly down in front of your face. Any bugs floating in your direction will be swiftly redirected downwards.



TOP TACTIC – Seat Guru

Before I book flights to any destination, I check out what aircraft are operating those routes. Most airline websites will show the aircraft type, but another great resource is **www.seatguru.com**. Just type in the airline, flight number and intended travel date and the site will show you the aircraft type. This website also provides insider tips on the best seats (quieter, more leg room, etc.) and the worst seats (noisy, next to the toilets/galley, etc.)

Before **you fly**

It's all in the timing

One way to help reduce the effects of jet lag is to start adapting to the new time zone before leaving for your trip. This means, depending on the direction of travel, either going to bed later and waking up later or going to bed earlier and waking up earlier. Another effective method for combatting jetlag is by fasting (see pages 11-13). Although fasting can be done at any time, it is easier on an overnight flight, so factor this in when booking. If possible, book a direct flight without stopovers too.

Bullet-proof the immune system

Travel challenges our immune systems due to multiple factors such as unfavourable conditions on aircraft; physical and emotional stress (packing, travelling to the airport on time, etc.); adapting to new time zones, climates and temperatures; and exposure to bugs in different countries. To arrive in good shape, we need to bolster our immune system through good nutrition, feeding our body with a good supply of antioxidants from a combination of real quality food and high-quality supplements. *See p. 17 to 19 for top tips on nutrition and supplements before, during and after travel – and all-year round – for a bullet-proof immune system.*

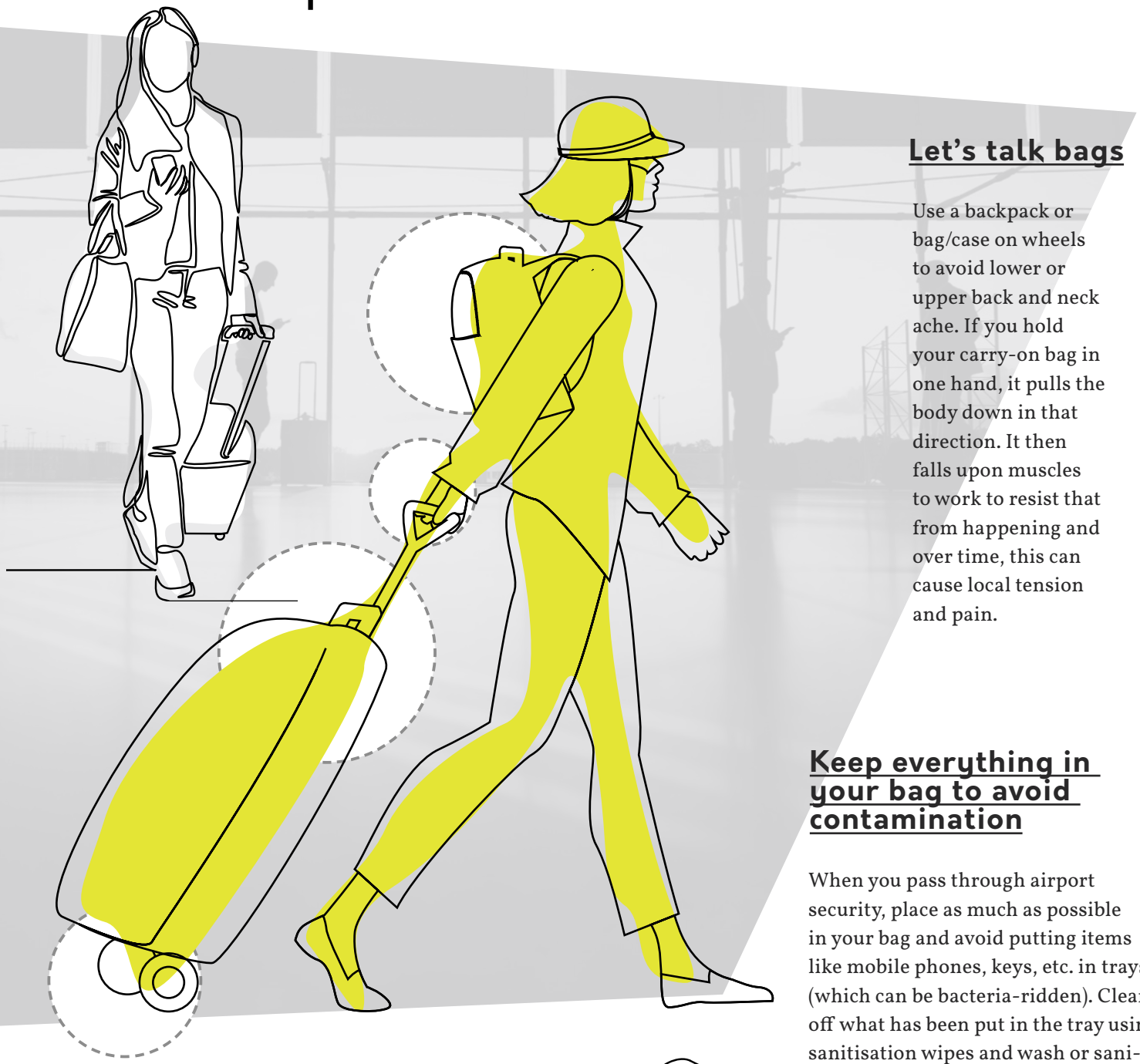
Avoid high-intensity exercise

High-intensity exercise is great for metabolic conditioning and offers a multitude of other benefits, but it puts stress on the immune system and requires proper post-exercise nutrition, quality sleep and rest, so it is not the type of exercise you should be doing just before you take a long-haul flight. Instead, focus on easy to moderate exercise or movement-based work. Core, functional and postural training are all suitable methods.

TOP TACTIC **– ginger shots**

A race calendar involving 240 days of travelling every year means immune system protection is a full-time priority. Daily ginger shots are our go-to immunity booster, giving drivers plenty of zing.

Airport **essentials**

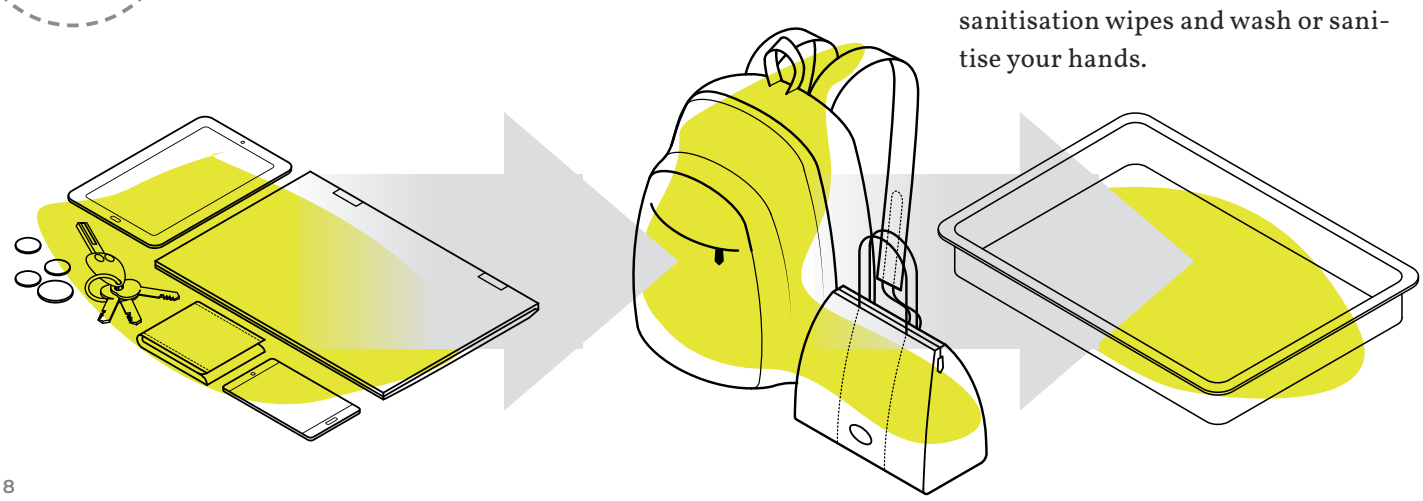


Let's talk bags

Use a backpack or bag/case on wheels to avoid lower or upper back and neck ache. If you hold your carry-on bag in one hand, it pulls the body down in that direction. It then falls upon muscles to work to resist that from happening and over time, this can cause local tension and pain.

Keep everything in your bag to avoid contamination

When you pass through airport security, place as much as possible in your bag and avoid putting items like mobile phones, keys, etc. in trays (which can be bacteria-ridden). Clean off what has been put in the tray using sanitisation wipes and wash or sanitise your hands.



Travel kit

Struggling to decide what to pack in your hand luggage? Take a peek inside my carry-on bag, which is packed with vital items to help combat the negative impact of air travel

A refillable water bottle
To keep hydrated and reduce plastic waste

Zinc lozenges
To help reduce the duration/ severity of symptoms at first sign of a cold

Vitamin C and Zinc supplements
To support your immune system

Noise-cancelling ear plugs or standard ear plugs
To block out as much noise as possible

Eye mask
To block out the light at times when it's best to sleep

Medication
For those taking prescribed drugs plus quick fixes like antacids and painkillers

Hand/body moisturiser
To alleviate the effects of low humidity (while flying), which dries out the skin

Hand sanitiser & wipes/tissues
To clean hands and surfaces

Massage ball
For feel-good feet and travel-induced ache, pains and niggles

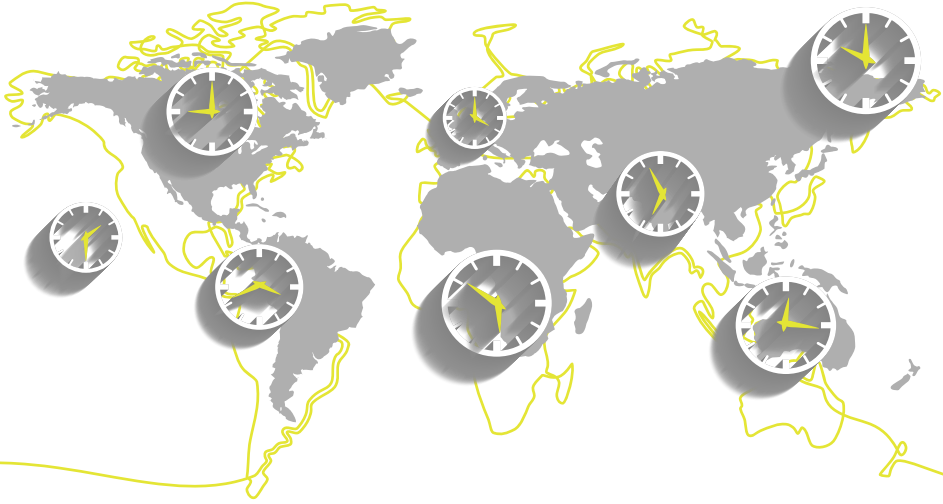
Eye drops
For contact lense wearers suffering from dry eyes when flying

Lip balm
Low humidity while flying can cause the lips to crack so apply regularly

On board wins

Keep it clean

Use an anti-bacterial wipe to clean the tray table, TV screen, remote control, belt buckle and anything else you're going to touch, followed by your own hands. This process shouldn't take more than two minutes, but it will go a long way to killing bugs and bacteria that could potentially make you sick.



Sleep tactics

Before you fly, be aware of the time at your final destination and stick to this timing during your flight. Avoid sleeping during your new 'daytime'; have a power nap if you must, but sleep during your destination's 'nighttime' in order to minimise jet lag.

The importance of hydration

Low humidity combined with an already slightly (or worse) dehydrated body is a recipe for jet lag. Have you ever got up from your seat after a long-haul flight feeling stiff? That's because the whole body dries up, including the fascia (the connective tissue that covers and holds everything in the body together). Making sure you are fully hydrated before you fly is the first step, followed by sipping water throughout the flight. If you want to arrive in the best shape possible, avoid drinks that cause dehydration such as tea, coffee and alcohol. If you do consume these, compensate by drinking more water.

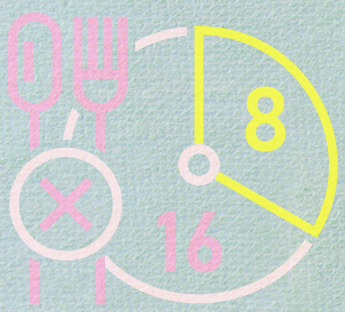
The fasting plan

Why fast?

All of the advice in this guide helps to alleviate jet lag, but if you were to choose just one method, I would suggest fasting, in combination with hydration. I have tried and tested fasting in combination with other methods and also as a stand-alone option for reducing jet lag. In my 26 years of travelling, I have not yet found anything as effective.

There is evidence to suggest that our body has two internal clocks, one linked to light and the 24-hour circadian rhythm and the other linked to food (which helps moderate our daily rhythm). By fasting on the flight and then eating the first meal at our destination at the correct time, preferably at breakfast, the theory is we can reset the body to make it easier to adjust to the new time zone.

Fasting also helps to avoid digestive issues such as bloating, constipation, and the excess build-up of air that can occur during a flight.



How to do it

One of the more popular fasting methods is the **16-8 fast – you fast for 16 hours and eat during the eight remaining hours**. There aren't many flights that are longer than 16 hours, so it's just a case of adjusting the hours to fit to your flight and planning your first meal at your destination, which ideally, should be breakfast.

It is easier to fast on an evening flight when you can sleep and on a direct flight, rather than one with a stopover. Factor that into your planning. Day fasting is possible, but some people find this more challenging.

Eating breakfast as your first meal at your destination after fasting for 16 hours is like pressing your body clock's reset switch. You might think fasting takes the fun out of travel, but the benefits are considerable in terms of reducing the symptoms of jet lag.

Please note, if you are diabetic or taking medication, consult a doctor before embarking on any fasting programme.

FUN FACT

The longest non-stop flight in the world is currently 18 h 15 minutes from New York to Singapore

Fasting example

New York to Zürich

SWISS FLIGHT LX17	
JFK DEPARTURE	16:30
ZÜRICH ARRIVAL	06:15

NEW YORK, US

It's hard to get your head around fasting when you try it for the first time, so here's a sample fasting plan.

01.

Get counting

I count back 12 to 16 hours from my arrival destination breakfast time (08.30 in Zürich): **12 hours = 14.30 and 16 hours = 10.30 (New York time)**

Given 12 hours is the minimum and 16 hours is optimal, I compromise and have lunch at 12.00 noon (New York time), so this is a 14.5-hour fast.

02.

Eat a high-protein good-fats meal

I eat a high-protein/good-fats based meal with vegetables and then I fast until breakfast time in Zürich, consuming only water.

LUNCH 12:00

03.

Sleep as much as possible

The flight departs at 16.30, which is 22.30 Zürich time, so I try to sleep as soon as I can, and for as much of the flight as possible.

DEPART NY @16:30

8 HOUR FLIGHT

ARRIVE IN ZÜRICH @06:15 +1

ZÜRICH, SWITZERLAND

04.

Breakfast at 08.30

When I arrive in Zürich, I eat breakfast at 08.30.

Fasting and non-fasting options

The Argonne diet

It works for me, but it's challenging

The Argonne diet, commonly referred to as 'the jet lag diet', uses a cycle of feast and fast for four days leading up to the flight and eating specific food groups at specific times. I have tried it and found it effective. In fact, it's what prompted me to fast on flights in the first place. However, many people, including myself, find this fasting method complicated. As a rule, fasting methods that are simple to follow are the most effective as they are easier to stick to.

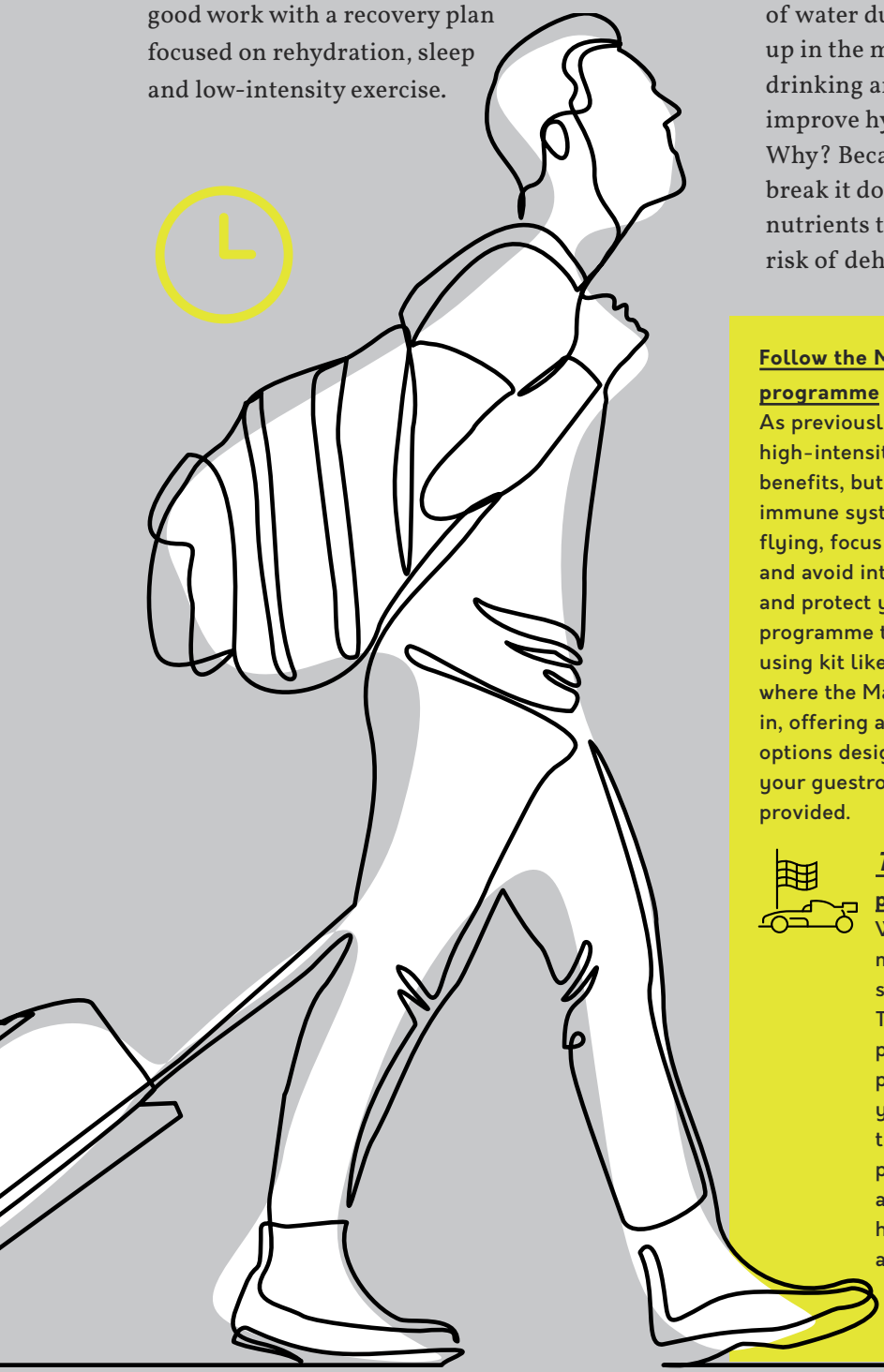
Feeling hungry or 'hangry'?

If you can't make it through the flight without eating, the best option is to eat a selection of nuts and seeds. These provide a host of beneficial nutrients to help support the immune system. Pack these into your carry on luggage so they are close to hand if you need a mid-flight pick-me-up. If you do decide to eat on the flight, try to fit in with meal times at your arrival destination, rather than those at your departure destination. Consider carrying your own food with you when you fly. Airports are increasingly offering healthy food options, giving you the added advantage of being able to eat at the correct times.

On arrival

Time for recovery

If you've followed my tips so far, you should arrive at your destination feeling in good shape. You can keep up the good work with a recovery plan focused on rehydration, sleep and low-intensity exercise.



Rehydrate

As we know, when we travel on aircraft the low humidity causes dehydration, and when we sleep, we also lose fluid, just by breathing, so drinking plenty of water during and after travel and when you wake up in the morning, is essential. I also recommend drinking an electrolyte solution on arrival to improve hydration. Avoid alcohol if possible. Why? Because the body sends alcohol to the liver to break it down and this process depletes water and nutrients to help flush it out. The result is greater risk of dehydration.

Follow the Mark Arnall TRAVEL FIT programme

As previously mentioned, high-intensity exercise has many benefits, but it puts stress on the immune system. Within three days of flying, focus on low-intensity exercise and avoid intense training to aid recovery and protect your immune system. Follow a recovery programme that focuses on mobility and flexibility, using kit like massage balls and foam rollers. This is where the Mark Arnall TRAVEL FIT programme steps in, offering a range of in-room workout and recovery options designed and instructed by me, available on your guestroom TV, with all the equipment you need provided.

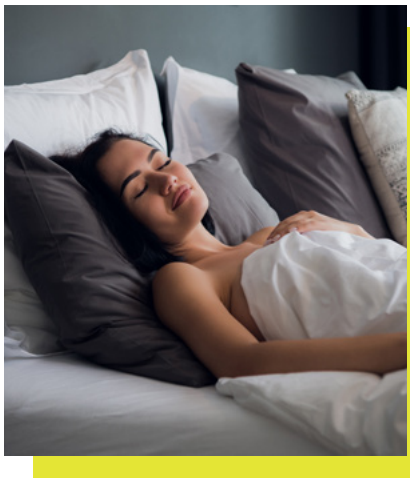
***TOP TACTIC* – hydration for optimal performance**

While working with F1 drivers, my job was to maximise the last 1% of human performance, so we simply could not afford dehydration. The same goes for business travellers. Being properly hydrated will help you focus and perform with a clearer mind as well as help your body function as it should. All business travellers should be working towards optimal performance. Proper hydration is easy to fix and takes little effort. Some airline pilots I have spoken to solely focus on hydration as a way to cope with jet lag and have reported great results from this alone.

It's ZZZZ time

Get some sleep

Getting enough quality sleep at the right times is just as important to our overall health as eating the right food and drinking enough water. Great sleep strengthens our immune system, improves cognitive function, boosts our physical performance and as numerous studies have found, improves reaction times and accuracy, which has been essential for the F1 drivers I have coached. Poor quality sleep increases the risk of heart attack, stroke and weight gain and has adverse effects on blood sugar and insulin sensitivity.



When to sleep – and when not to sleep

The human body has evolved to work on a 24-hour day/night and light/dark cycle. Jet lag occurs when we cross multiple time zones in a short period of time. This simply puts our internal clock out of sync with the time zone it's been working in. To adjust to a new time zone, stay awake during daylight hours and plan some outdoor activities, even if it's just a walk. Water-based pursuits like swimming and rowing can help you stay awake, particularly as evening time approaches. Avoid sleeping until it is dark if possible. This is particularly challenging when arriving in the morning, having travelled from west to east. There is nothing wrong with scheduling a nap, but do set an alarm to wake yourself up so you don't oversleep, and take a shower to perk you up. You can then head back to bed at the 'normal' time (bedtime).

Give me sunshine

Get some rays

Being exposed to sunlight at the correct times helps regulate the natural secretion of melatonin, controlled by an area of the brain called the hypothalamus. At night, the hypothalamus releases melatonin to help us to fall asleep. During the day it releases less melatonin, hence we stay awake. Beware, lying in bed with the curtains shut in the dark when it's daytime outside will definitely not help you (or your hypothalamus) adjust to the local time zone. Expose yourself to morning sunlight, preferably without sunglasses, to help your body adjust to the new time zone.

Melatonin supplements

Used at exactly the right time and in the right dosage this can help, but most people use it like a sleeping tablet, in which case it can have limited benefits. Speak to a doctor to fully understand timings and dosage for best results as well as the potential side effects. It is recommended to avoid sleep aids, especially when flying in economy, as immobilising yourself for 8-10 hours in an upright seat can lead to issues such as deep vein thrombosis (DVT).
Jet lag is better than a fatal blood clot!

Rest & Relaxation – without the drinks

Get your trip off to a great start – and bolster your immune system – with plenty of rest before departure and on arrival. Avoid the temptation to overdo the arrival drinks – or worse, happy hour – which will amplify dehydration, disturb your sleep and weaken your overall immune response. Total abstinence is not always realistic, particularly during work events, but limit consumption to reduce the negative effects as much as possible and drink plenty of water to compensate too. If you really want to arrive in the best shape possible, before, during and just after your flight are the best times to abstain from alcohol.

Nutrition tips

Good nutrition is a solid foundation for our overall health. Getting the right amount of quality macronutrients/micronutrients and staying hydrated should be your minimum goal. This means providing our body with everything it needs from 'real food' – whole, single ingredient food, which hasn't been processed.

A healthy diet based on whole foods should comprise a combination of vegetables and leafy greens, fruits, legumes, nuts, seeds, whole grains, grass-fed meat, wild-caught fish and dairy, all bursting with the antioxidants we need.

By consuming a good supply of antioxidants from a combination of real quality food and high-quality supplements, when our immune system is placed under stress such as travel, having taken these nutrients can make the difference between landing at our destination in the best shape possible versus arriving feeling sick.

The antioxidant hit list

Vitamin D

Why do you need it?
Immune system function, bone health, heart health and mood.
Where do you get it?
It's difficult to get from food. Sun exposure helps, but a supplement is recommended.
Top tip: Vitamin D works better together with Vitamin A and K2.

Zinc

Why do you need it?
Another A-lister for the immune system, it develops T cells and supports the cardiovascular system.
Where do you get it?
Oysters, red meat, legumes, eggs, whole grains nuts and seeds.
Top tip: Zinc works well together with copper but competes for absorption with iron, so is best taken separately.

Glutamine

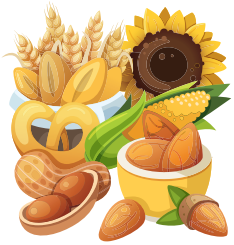
Why do you need it?
Glutamine is an amino acid that plays a vital role in immune system support, the gut and exercise recovery. I primarily use it for immune system support, but also as part of a recovery formula after intense exercise or post F1 races.

Vitamin C

Why do you need it?
It's a natural killer, fighting infections, viruses and diseases.
Where do you get it?
Citrus fruits, peppers, broccoli and tomatoes and/or a quality supplement.

Selenium

Why do you need it?
It's a gatekeeper for the immune system, identifying the threat of viruses, bacteria and parasites.
Where do you get it?
Brazil nuts, fish, pork, turkey, eggs, brown rice, cottage cheese and mushrooms.



Vitamin E

Why do you need it?
It is important for cellular function in the immune system.
Where do you get it?
Sunflower seeds, nuts (pine, almonds, hazelnuts), avocado, salmon, spinach, kiwi fruit, broccoli and olive oil.

Beta glucans

Why do you need it?
modulate the immune system, stimulate white blood cells.
Where do you get it?
Porridge oats and mushrooms.

Beta carotene/ Vitamin A, D and K2

Why do you need it?
Beta carotene supports lymphocytes (which produce antibodies in the immune system) and increases the production of B and T cells. The body converts beta carotene into Vitamin A, which is an essential nutrient. Vitamin A and Vitamin D work well together to support the immune system, however, for Vitamin D to do its job properly, it is best taken with Vitamin K2.
Where do you get it?
I find it best to take A, D and K2 together a supplement. Beta carotene is found in sweet potatoes, carrots, spinach, kale, red/yellow peppers, broccoli, squash, and apricots.

Supplements, gut health and prebiotics/ probiotics

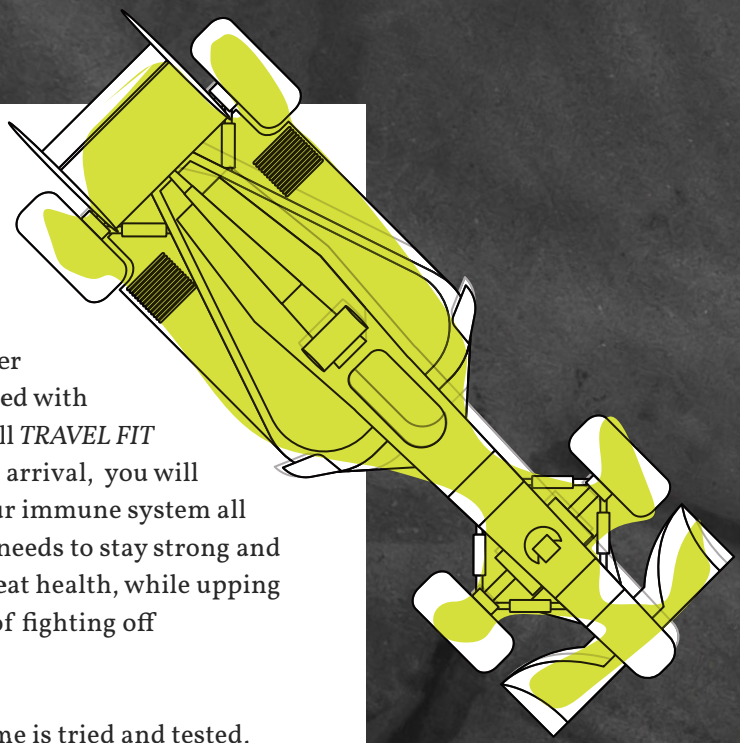
When to take supplements

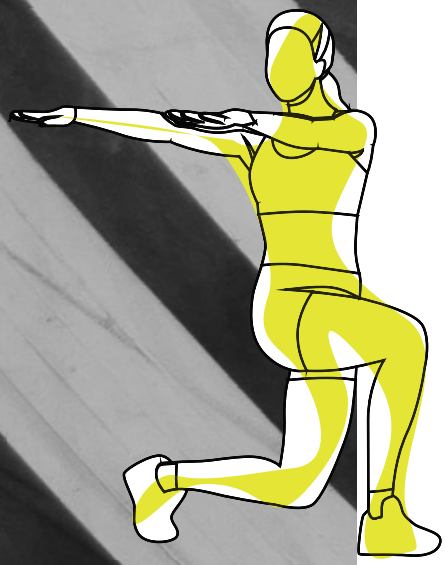
When it comes to supplementation, the right timing is key. Our goal should be to keep vitamin and mineral blood levels high throughout the day. Breakfast is not always the best time to take supplements because caffeine (which most people have at breakfast) can block the absorption of some vitamins and minerals and also causes more frequent urination, flushing out water soluble vitamins such as B complex and C. If you are taking a daily multivitamin, it makes sense to split the dose, taking half with breakfast and the other half with lunch. There is also research to suggest that taking your vitamin/mineral supplements after exercise is a better approach, since we can sweat out supplements during a workout.

The importance of gut health

A healthy gut is necessary for an optimally functioning immune system as well as brain health. Prebiotics and probiotics play an important role and over the years I have had more success with prebiotics that feed the good bacteria in the gut. They are also more resilient than probiotics because they pass through the small intestine into the large intestine without getting destroyed during digestion. You can assist the good bacteria in your gut by consuming prebiotic foods such as legumes like chickpeas and kidney beans, peas, oats, bananas, berries, Jerusalem artichokes, asparagus, dandelion greens, garlic, leeks, white peaches and watermelon, but my personal preference is to use a prebiotic supplement. You just mix it with water and drink it, knowing you are feeding the good bacteria you already have.

Perform like an **athlete**





If you follow this action plan before, during and after travel, combined with the Mark Arnall *TRAVEL FIT* programme on arrival, you will have given your immune system all the support it needs to stay strong and keep you in great health, while upping your chances of fighting off jet lag.

This programme is tried and tested, used successfully by F1 drivers and teams, world-class athletes and corporate leaders, proving you can travel the world and stay on top form.

By taking a strategic and savvy approach to travel, based on eating real foods, appropriate exercise, quality sleep and a management of stress levels, you have all the elements in place to arrive at your destination all revved up and ready to go.

The *TRAVEL FIT* action plan

A summary of top tips to keep you on track
Keep this with you at all times as a quick reminder

01

Booking your travel

- Book flights – direct if available
- Book a Boeing 787 Dreamliner or Airbus A350 if available on that route
- Book your preferred seat early (to avoid 'bad' seats)

02

One week before you fly

- If possible, shift sleep and mealtimes to the direction of travel by 1-2 hours
- Focus on building up the immune system
- Focus on hydration
- Make sure you are well rested
- Cut back on intense training within three days of travel
- If using a fasting plan to reduce jet lag, know your plan – last meal/ first meal

03

On the day of departure

- Plan and prepare – pack early and have your carry-on essentials ready
- Prepare your travel kit, including nutritious snacks and water (see page 9)
- Use a ruck sack or carry-on bag with wheels to avoid unnecessary tension/aches
- Avoid stress by arriving at the airport early
- At airport security, avoid putting items into the security tray unless compulsory
- Avoid airport lounge indulgences

04

Onboard the aircraft

- Clean your seat area with sanitisation wipes
- Set clocks/watch to destination time
- Plan when to nap or sleep based on destination time
- Know your eating plan for the flight (if you are eating/not fasting)
- Hydrate – keep sipping water throughout the flight
- Get up and move (if you are trying to stay awake, to keep the body moving)
- If you drink tea, coffee or alcohol, compensate by drinking more water

05

On arrival

- Continue to focus on hydration – drink plenty of water after landing
- Keep the immune system "fuelled' (ginger shots are recommended)
- At your hotel, follow the Mark Arnall *TRAVEL FIT* programme, focused on mobility and flexibility exercises using kit like massage balls and foam rollers
- Expose yourself to morning sunlight, preferably without sunglasses
- Plan some light exercise, even if it's just a walk
- Take a power nap if required, but be strict on duration

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MARK ARNALL
TRAVEL FIT

Life is a journey, enjoy every step and *TRAVEL FIT*

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Disclaimer: This guide is not intended as a substitute for the medical advice of physicians. Always consult your physician before beginning any exercise programme. In all matters relating to your health and in particular, with respect to any symptoms that may require diagnosis or medical attention, refer to your healthcare professional.

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