Contained Workouts

Minimal movements may help travelers avoid clots, cramps and crabbiness.

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Whether you reach faraway places via plane, train or car, these trips don’t have to take a painful toll on your body.

Prepare before you step out the door. First, don’t eat a heavy meal, consume just a moderate amount of caffeine and wear comfy clothing. Pack your belongings into two small suitcases instead of a single large one to evenly distribute weight and prevent unnecessary strains. In addition, if you’re flying, stroll around the terminal to stretch your legs.

While in your seat, rotate your feet in circles; roll your shoulders and neck; and then bend forward from the waist with both feet on the floor, clasping your hands around one knee and lifting it toward your chest. Then do the same with the other knee. (Perform as many reps and sets as you can comfortably do.)

Amazingly, these small exercises work to keep your blood flowing and can help you arrive at your destination feeling refreshed and ready to take on the world.

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