

Getting Fit for Australia and New Zealand

Hello Everyone!!!

If you have not already started your own “get ready for the trip” to Australia and New Zealand exercise and fitness plan, then there is no time than the present. It will be in your best interest not only for the long flight (LAX to Sydney is 14-hours and 45-minutes or 7536 miles long) and connecting flight to Adelaide which is just under 2-hours to help deal with jet lag, plus we all need to be “parade ready” for marching in Adelaide.

Getting out for a walk for a nice brisk and fresh air walk is the one of the best and easiest ways to get your exercise routine underway.

- Start with 30-minute daily walks
- When this gets easier, progress to daily doubles walking morning and evening.
- A mall or indoor track is a great way to not let the rainy weather stop you

Additionally, flexibility and strength exercises can help you move easier on the long trip such as being able to move your luggage more easily and safely. If you are not familiar with exercising recently, please check with your doctor on what they recommend for your exercise routine to get ready for the trip and feel your best. It may be helpful to work with a personal trainer or with a Physical Therapist if you are experiencing pain that limits your mobility.

It’s also important to hydrate and fuel your body just right when you travel. Hydrating (getting in the water) before, during and after the trip is so very important. Stay away from caffeine in the plane and limit your consumption of alcohol as both of these items are not your friend. Also, plan to bring along some healthy snacks such as peanut butter and crackers, crackers and cheese, granola bars, health bars, nuts (I love almonds, walnuts and cashews) for example as there just so many more items than I am listing. You can bring fruit, but know it must be consumed on the plane and not brought into another country. Once again, the more you plan and prepare for this trip with some of my suggestions here, the better you are going to feel, plus you will have more energy and sleep well, too.

<https://www.livestrong.com/article/13777836-best-airplane-stretches-long-flights/> Best airplane stretches for long flights.

<https://theworldpursuit.com/long-haul-flight-tips/> A few ideas for long-haul flights to consider, but not all listed here may be applicable.

<https://patient.info/allergies-blood-immune/deep-vein-thrombosis-leaflet/preventing-dvt-when-you-travel> Preventing DVT when you travel via bus, car or airplane. This is important to know about, especially those 50 and above.

<https://www.planetfitness.com/community/articles/best-travel-vacation-workouts> Travel workouts before you travel and during travel.

<https://www.novanthealth.org/healthy-headlines/8-dietitian-approved-tips-to-stay-healthy-while-traveling> Healthy eating tips for your trip. Know about foods that help you deal with jet lag.

I hope this is helpful information, plus some of the details from the links as well for our trip to Australia and New Zealand.

Regards,

Tom Higham