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Stand Up to Long Flights and Other Travel Tips



Courtesy of wikimedia.org

It's three hours into a flight and you haven't budged. Sure, your book is good or you can finish that report in 15 more minutes. Besides that, you'll be at the gate in no time, so remaining seated is just fine.

Or is it? According to [Dr. Luis Navarro](#), a top New York City board-certified vein specialist, your travel experiences would likely be a lot more comfortable by taking a few minutes to increase healthy blood circulation mid-flight or during long drives.

Here are a few tips from [Dr. Navarro](#) to get you moving in the right direction:

1. Whether you already have a venous problem or not, it is recommended to wear mild compression stockings (15-20 mm Hg).
2. Stay hydrated. Drink lots of fluids.
3. It is advised to take baby aspirin a few days before your trip.
4. Every hour, stand up and walk up and down the aisle for few minutes or stretch at rest stops.
5. After walking for a few minutes, rise up and down on the tip of your toes while standing.
6. When sitting, flex and extend your ankle and rotate your ankle.
7. Avoid or moderate alcohol prior to your trip and while traveling.



Dr. Luis Navarro

—Holly Woolard

For more ideas to keep the blood flowing during long trips, see ["How to Exercise In Your Airline Seat."](#)