

Exercise list

Breathing exercises

- In your seat, with your palms open and resting on your knees, breathe in slowly and deeply through your nose. Feel your breath entering your lungs, then passing through the rest of your body.
- Breathe out through either your nose or your mouth.
- Let your breathing become slower and deeper.
- You will gradually feel more relaxed.

Relaxing your muscles

- Begin by stretching your feet, extending your toes upward while keeping your heel on the floor.
- Next, contract and relax your calf muscles. Do the same for your thighs, abdominals, and finally your arms and hands by tightening your fists.
- Move on to the shoulders: pull your shoulders backward while contracting your upper back, raise and lower your shoulders, lean your head back and then forward.
- Finally, stretch your spine: with your hands raised above your head, while breathing, lengthen your arms by pushing upward as if you were trying to make yourself taller.
- Now relax, breathe easy and feel the relaxed sensation throughout your body.

Improving circulation and keeping your legs from "falling asleep"

- Flex and extend your feet: with your heels on the floor, extend your toes upward, then bend your feet forward while stretching your ankles. Repeat this movement about ten times.
- Walk in the aisles and be sure to roll your feet from the heel to the toes.
- We recommend that you repeat these exercises several times over the course of your flight.

Stretches

- Sitting far back in your chair with your back straight, raise your shoulders while breathing in as if you were trying to touch your ears. Hold this position. Relax, breathe out, and repeat this movement 5 times.
- Now stretch your spine: cross your hands above your head in alignment with your spine, and lengthen your arms while stretching. Push your right hand towards the ceiling while stretching the right side of your body. Relax. Next, stretch the left side of your body using this same movement.
- Place your head against the headrest while relaxing your shoulders, turn your head gently to the right, return to the center, then gently to the left without straining your muscles.

Soothing and relaxing massages

- Face massage: lightly press each part of your face with your fingertips while rubbing in a circular motion. Begin with your forehead and slowly descend to your chin, making sure to concentrate on your temples for a rapid and lasting effect.
- Head massage: begin by massaging the crown of your head with your fingertips, then slowly descend to the sides, and end by concentrating on the nape of your neck. This will stimulate your circulation and nerve centers, thus creating an immediate sensation of well-being and relaxation.
- Foot massage: after having removed your shoes, place one of your feet on your seat and wiggle each of your toes with your fingers, then pull them towards you. With your thumbs, rub the joints of your foot from your toes to your ankle. Holding your foot with both hands, rub the bottom of your foot with your thumb in a circular motion while massaging the top of your foot with your fingers. You're certain to feel the relaxing effect.
- Abdominal massage: begin by slowly inflating your stomach for 5 seconds, then slowly breathe out while letting your stomach relax. Repeat this movement several times. With your hand, rub your stomach in a circular motion for about a minute. Finally, gently push against your stomach with your fingers in different areas while breathing in and out. This massage is relaxing and helps with digestion.