

## Be aware!

- ✚ Aeroplanes can be dangerous to your health!
- ✚ Get up from your seat and move around regularly to prevent "pooling" of blood in the legs and ankles.
- ✚ Simple arm stretching can be done in your seat and helps to encourage good circulation.
- ✚ Drink plenty of non-alcoholic non fizzy drinks to prevent dehydration due to the dry cabin environment.