

# 5 Ways to Stay Healthy During Long Flights

Long flights can be tough on both your body and mind. Health is the key to making your flight easy and peaceful. As a result, you should improve your immunity, eat a healthy diet, and stay hydrated throughout the day. Here, we will discuss the five simplest ways to stay healthy during long flights. Let's have a look!

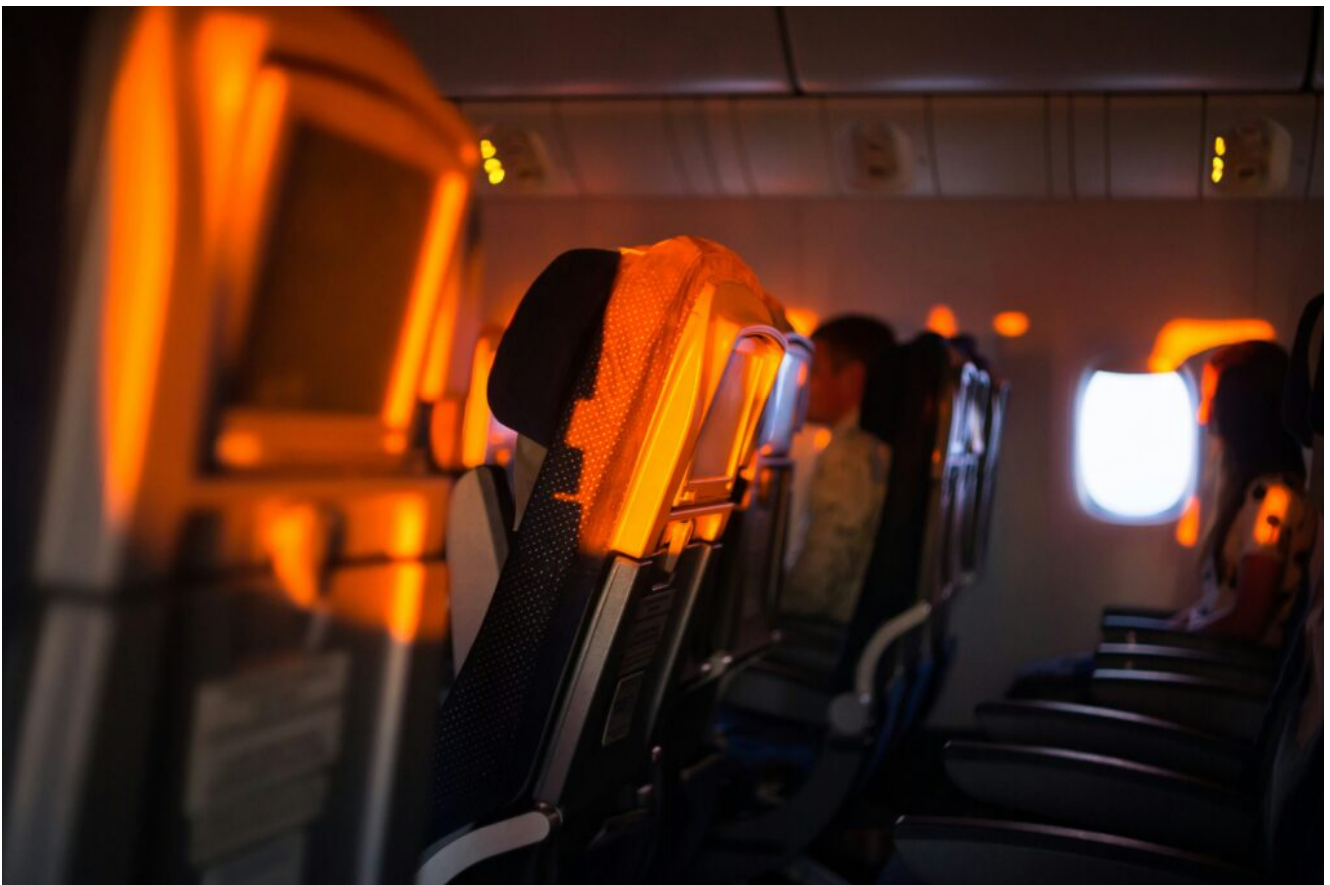


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## Keep Yourself Hydrated

The first way to stay healthy during long flights is to stay hydrated. Airplane cabins are small and have low humidity levels, which can make you feel dehydrated and thirsty. So, it is a good idea to bring a water bottle and drink maximum water to prevent dehydration.

Also, avoid drinks like sodas and coffee, as they can make you dehydrated. When flying long distances, staying hydrated will also prevent headaches and keep you active.

## **Wear a Comfortable Dress**

Another important way to stay healthy during long flights is to stay comfortable. For this reason, it is important to wear comfortable clothing. It is best to wear loose, breathable clothing to stay comfortable. Cotton and lightweight wool are the best clothing options for long flights.

Avoid tight clothes that can restrict blood flow and make you uncomfortable. Moreover, also wear easy and comfortable shoes with soft shocks.

As a way to minimize travel stress, it is also important to stay informed about your flight schedule. Therefore, use an [online flight tracker tool](#), to plan your timely and peaceful flight.

## **Avoid Alcohol**

Alcohol use can make your long flight stressful as it can negatively impact your health. Alcohol can cause dehydration and can disturb your sleep cycle. Moreover, during long flights, alcohol usage can affect how your body adjusts to different time zones. This can make your flight uncomfortable. Furthermore, you should drink water or natural juices instead of alcohol if you want to stay hydrated and active.

## **Stretch and Move**

A long flight can make your body feel stiff after sitting for long hours. Therefore, you should maintain a healthy and active lifestyle. For this reason, walk a bit around the cabin and stretch your legs for proper blood circulation and relaxation. Moreover, try rotating your ankles and stretching your arms. These small exercises will keep your muscles relaxed.

If you are flying with EasyJet or another carrier, staying informed about your flight's status is important. Use an [EasyJet plane tracker](#) to track your flight and stay informed.

## **Boost Your Immunity**

Another effective way to stay healthy during flight is to boost your immunity. Airplanes are small, closed spaces where the chances of spreading germs are usually higher. So, try to improve your by eating healthy food like fruits before and during your flight. Also, take supplements like Vitamin C as per your doctor's advice.