



IN FLIGHT FITNESS

**Plane travel wellness
and onboard exercise**



NOISE POINT

ATTENTION
ENGINE
TARGET ZONE
FOR
NOISE
MEASUREMENTS
DO NOT
ENTER
THIS
ZONE
WITHOUT
PROPER
AUTHORIZATION

WARNING
HOT AIR
EXHAUST

Marina Aagaard

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aagaard

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No book can replace the services of a physician, exercise physiologist or other qualified health or exercise professional.

The programs and exercises in this book may not be for everyone.

Any application of the information set forth in the following pages is at the reader's discretion and sole risk.

This book covers general advice on airplane fitness for healthy adults and not individual recommendations. You should see your GP, if you:

- suspect any illness
- have heart- og lungdisease
- have a history of thrombosis (embolism) (in the family)
- have a low blood count (anemia)
- have had recent surgery
- have a fever
- are pregnant

For mum and dad.

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