

EXERCISES TO DO IN A

plane, train or car

1. Chair Walk:

Lift one hip up, then the other, repeating for 30 seconds. Do this while you're sitting in the plane or as a passenger in the car to help loosen your lower spine.

2. Surrender Angels:

Raise your arms up in a 'surrender' motion, stretching them all the way up, then moving them down, bringing them back as you do so. Squeeze through your upper back, stretching through your chest.

Repeat 10-15 times.

3. Head Rolls:

Roll your head slowly and gently from one side to the other, looking over your shoulder each time. Repeat for 30 seconds.