

# The 5-Point Frequent Flyer Fitness Protocol

Flying doesn't have to wreck your body. You just need rules.

## 1. Protein Is Non-Negotiable

Carry whey sachets, protein bars, or both. Always.

*Why it matters:* Airports sell convenience, not nutrition. Protein in your bag means you never miss your intake or panic-order junk.

## 2. Front-Load Your Hydration

Drink 500–700 ml of water before boarding. Then sip mid-flight.

*Why it matters:* Cabin air dries you out faster than you realise. Dehydration shows up as fatigue, cravings, bloating, and fake hunger.

## 3. Move Because You'll Have To Anyway

Every hour: stand up, ankle rolls, calf raises, and a short aisle walk.

Drink enough water, and nature will force the habit.

*Why it matters:* Keeps blood flowing, reduces stiffness, and prevents that post-flight “my body feels 10 years older” feeling.

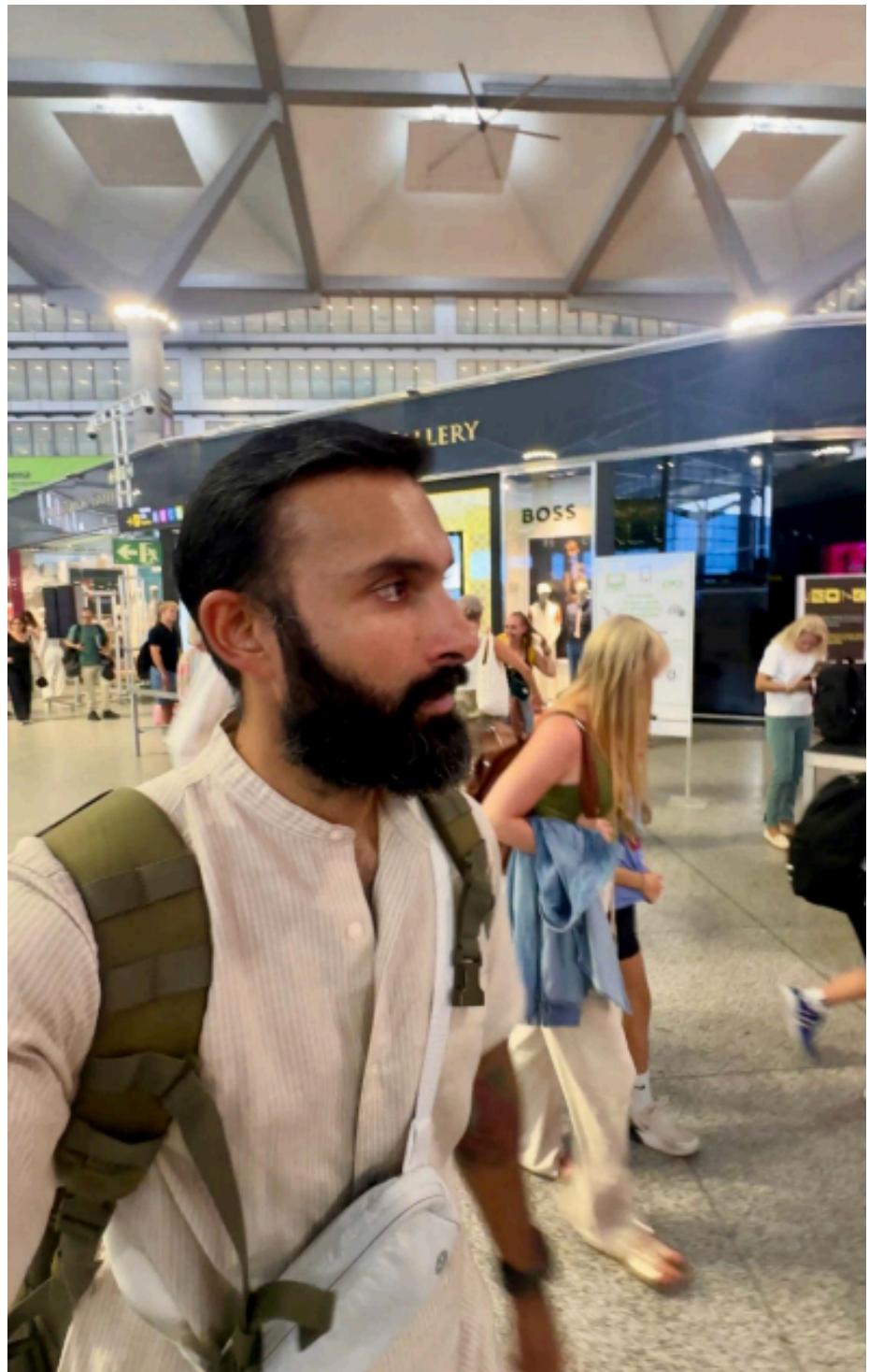
## 4. Eat for the Clock, Not the Tray Table

Skip carb-heavy plane meals. Go protein + veggies. Carry a fruit.

Time your first proper meal to your destination's local schedule.

*Why it matters:* This single habit cuts jet lag and keeps fat loss from quietly reversing mid-trip.





## 5. Light, Then Sleep — In That Order

Landing daytime? Get 15–20 minutes of natural light.

Landing late? Skip heroics. Go straight to bed.

Eye mask + earplugs on night flights are mandatory.

*Why it matters:* Light resets your circadian rhythm. Sleep locks it in. You perform better from Day 1 instead of “recovering” for two days.

### **Bottom line:**

Frequent travel only destroys fitness when decisions are left to chance. Turn it into a protocol — and flying becomes neutral instead of damaging.