



The Body Control Pilates Pocket Traveller (Pocket Traveller (Pan Books))

Lynne Robinson, Helge Fisher, Paul Massey

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This guide's main focus is on exercises to do before, during, and after your journey. These mini-workouts are designed to stretch out tight muscles, mobilize joints, relax parts of the body prone to tension, improve circulation, and keep the back supple and strong. Additionally, this book gives advice on the types of food and drink you will travel on best, how to prevent deep-vein thrombosis, medication that might put you at risk on long journeys, and countering jet lag.

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