

# FLYING: WE'RE DOING IT WRONG

## 01 FLYING WREAKS HAVOC ON US

Even the experts suffer



**90%**

of cabin crew  
experience jet lag



**5x**

more likely  
to get the flu



**3x**

the risk  
for DVT\*



**81%**

need more than  
1 day to recover  
after flying



**20%**

drop in  
productivity

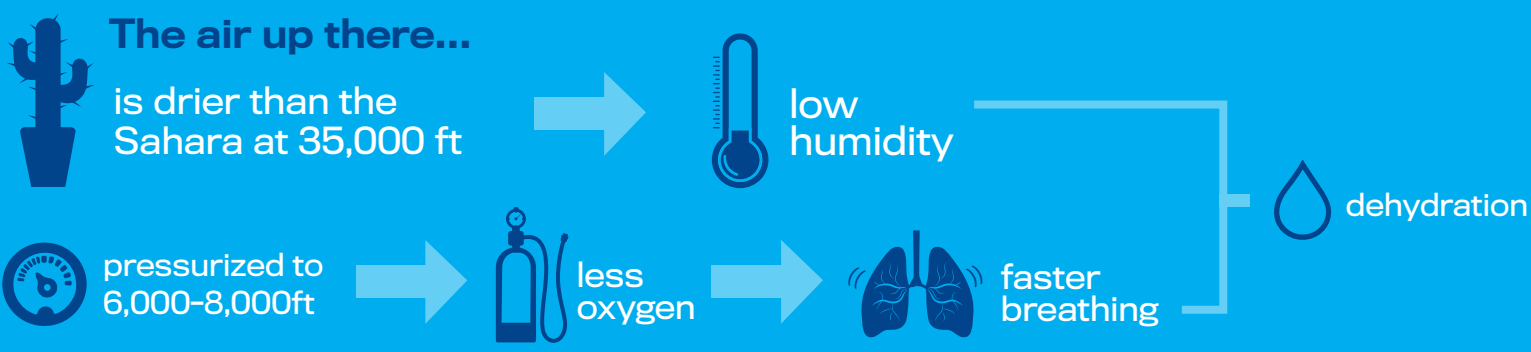
\*Deep vein thrombosis (blood clot)

## 02 CABIN ENVIRONMENT



The way we travel...

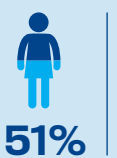
- Burn the candle @ both ends
- Late & early flights
- Not drinking enough en route



## 03 THE LONGER WE FLY THE LESS WE DRINK



- **37%** don't drink any water
- **71%** don't drink enough liquids
- **29%** drink dehydrating liquids (coffee, alcohol...)



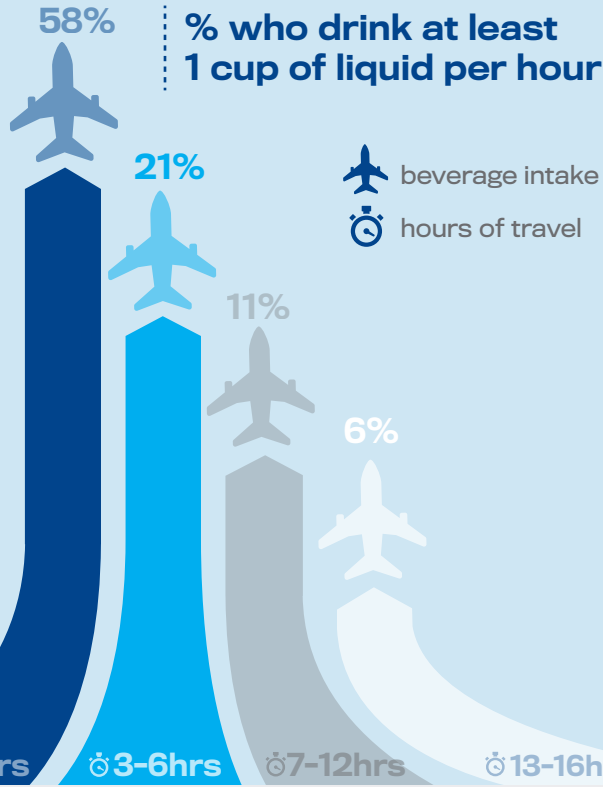
**Psst...excuse me**

Would hydrate more if they did not have  
to disturb others to get to restroom

**51%**

**38%**

Flight time → 1-2hrs 3-6hrs 7-12hrs 13-16hrs



## 04 WHY IS DEHYDRATION SO BAD?

**Exacerbates jet lag**

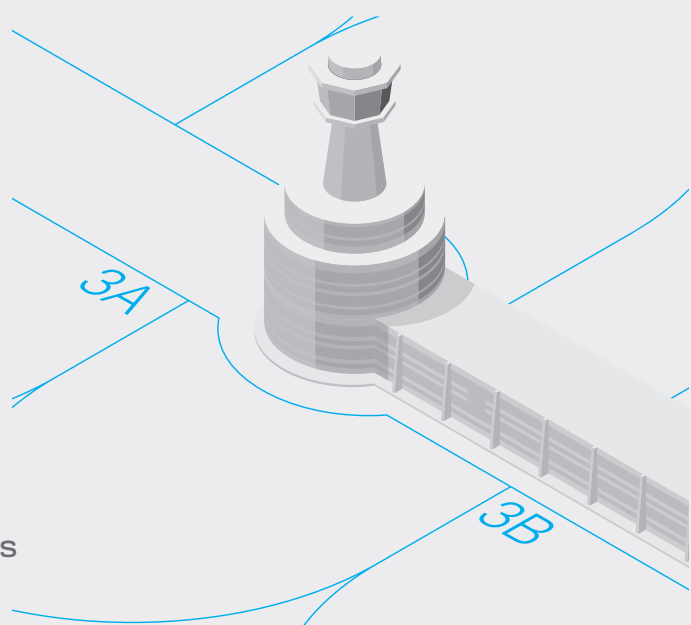
Release of cortisol, fatigue  
insomnia & flu-like symptoms

**More susceptible to illness**

Dries out defenses in eyes,  
ears & nose

**Risk of DVT**

Release of cortisol  
constricts blood vessels  
& slows circulation



## 05 TWO TYPES OF TRAVELERS

**The Defeatist Novice**

There's  
nothing  
I can do



**83% blame other factors**



**The Well Traveled**

I take control



## 06 THE SOLUTION



**Combat Jet Lag**



**Promote Circulation**



**Stay Well**

**Hydrate** 8 oz. of water for every hour you fly

- Hydrate to fight fatigue and jet lag symptoms
- Avoid alcohol: it dehydrates
- Eat smart: Protein-rich in AM, carb-rich in PM
- Set clock to destination time once you board
- Get light exposure first thing in the morning combined with exercise

- Hydrate to support circulation
- Sit in aisle seat to get up and walk around
- Avoid coffee: it reduces blood flow up to 20%
- Wear flight socks

- Hydrate to support mucus defense
- Take vitamins & electrolytes to bolster natural defenses
- Clean hands regularly



**SOURCE:**

- **Risk of DVT (venous thrombosis) on long flights**  
Source: PLoS Medicine: Venous Thrombosis After Air Travel Study, September 2007.
- **The average executive's productivity and performance drop**  
Source: National Highway Traffic Safety Administrator Mark Rosekind.
- **Hydration level**  
Source: Hydration level estimates calculated based on recommendations by the US National Institute of Medicine, International Society for Mountain Medicine, and Mayo Clinic.
- **American flying habits**  
Source: Harris Poll for 1Above, May 2015.
- **Jet lag symptoms experienced by cabin crew**  
Source: Ind J Aerospace Med 43(1), 2004.
- **Likelihood of catching the flu or other illness on a plane**  
Source: Common cold transmission in commercial aircraft. Journal of Environmental Health Research, Vol 3, Iss 1, 2004.