

# Fitness

## With Cindy

### Airplane Exercises

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**Do these exercises to promote circulation and help prevent blood clots.**

1. Heel lifts
2. Toe lifts
3. Heel toe rocks
4. Side to side ankle moves
5. Side to side toe moves
6. Foot presses into floor
7. Marches
8. Glute squeezes
9. Round spine, straighten spine
10. Spinal twist side to side
11. Shoulder shrugs
12. Alternating shoulder pushes forward
13. Head twist right to left
14. Head tilt side to side with little massage

**Happy travels!**