



Stay balanced, hydrated, and calm from takeoff to landing

## PRE-FLIGHT PREPARATION

Get your body calm, hydrated, and travel-ready before you ever reach the airport.

### MOVE WITH INTENTION



Do 10–20 minutes of light movement — a walk, stretch flow, or mobility warm-up.

Why it works: gentle exercise improves circulation and helps you relax once seated.

 *Tip:* finish movement about 2 hours before leaving so your body cools down naturally..

### PACK LIGHT, PACK CALM



Organize your skincare, supplements, and travel essentials the night before. Clutter equals stress — preparation equals calm.

*Tip:* keep one wellness pouch ready with skincare minis, magnesium glycinate, electrolytes, and your mist.

### EAT SMART



Choose a protein-plus-veggie meal before departure. Avoid heavy or fried foods that cause bloating and fatigue.

*Tip:* yogurt with fruit, eggs with greens, or a light broth-based meal keeps your body stable before flying.

### MIND RESET



Set one simple travel intention — energy, calm, or clarity. Take a slow breath, clear your mind, and travel with purpose.

Write it here: \_\_\_\_\_

Quick Recap: Move your body · Pack calm · Eat light · Center your mind.