

TRAVEL LIKE AN ATHLETE



EAT TO BEAT JET LAG

Follow Heathrow's four day plan to help you cope with travelling across different time zones

3 DAYS TO GO FEAST!

- High protein breakfast and lunch and a high carbohydrate dinner. Limit caffeine to between 3pm and 5pm only



2 DAYS TO GO FAST!

- Light meals only today like salads, soups, fruit and juices



1 DAY TO GO FEAST AGAIN!

- Back to high protein breakfast and lunch and a high carbohydrate dinner. Don't forget to limit your caffeine too.



DAY OF TRAVEL FAST AGAIN!

- Limit caffeine to the morning if you are flying West or between 6pm and 11pm if you are heading East
- Flying long-haul? Try to sleep, waking at breakfast time at your final destination and staying awake until landing
- High protein breakfast is best!
- Avoid alcohol and aim to drink 200 mls of water each hour



SLEEP WELL!

Nine simple tips to ensure you arrive at your destination bright-eyed not bleary!

RELAX

Wear loose comfortable clothing and take a jumper with you to keep out the cold

BOOK WISELY

Book your flight so you arrive to coincide with bed time

ON THE PLANE

Avoid alcohol which has a stimulating effect. Try Chamomile tea instead.

WEST IS BEST

Eastbound journeys produce the worst type of jet lag because you lose time across zones

DARK ARTS

Light exposure regulates your body clock so try wearing sunglasses during and after your flight until you are ready to face the light

UNWIND

Choose music over a film to help you drop off

STRATEGIC NAPPING

Keep tiredness at bay by having a strategic 45 minute nap at the time you would normally be asleep at home

MIND GAMES

Change your watch to local time at your destination as soon as you board your flight

BANK YOUR SLEEP

Gradually adjust your sleep times towards those at your destination a few days ahead of travel

ARRIVE REFRESHED AND READY TO GO

Help your brain stay awake by choosing a meal high in tyrosine - an amino acid found in high protein foods like turkey, eggs, almonds and dairy

- Try a cheese omelette or smoked salmon and scrambled eggs followed by a yoghurt



- Peppermint can reduce daytime sleepiness and fatigue - peppermint tea is a good choice



- Did you know that chewing gum stimulates facial muscles and blood flow to the head, helping you stay alert?



HEALTHY SNACKS TO TAKE ON BOARD

GRAPES AND OTHER FRESH FRUIT



OAT CAKES



DRIED FRUIT



CEREAL BARS



RICE CAKES



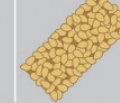
YOGHURT



NUTS



SESAME BARS



STILL BOTTLED WATER

