

Holidays are  
meant to  
be fun...  
not a pain  
in the neck!



**Avoid some of the travel 'bugs' that can spoil a holiday**  
**Travel Tips** from the Chiropractors' Association of Australia

### Travelling by car or bus

1. Take regular stretch breaks at least every 1 - 2 hours.
2. Tuck in your chin & roll your shoulders back every hour to loosen tight muscles.
3. Use back support, such as a small, rolled towel. Alternate behind the back & then between the shoulders.
4. Sit upright with your head back before setting the position of your mirrors. This will remind you not to slouch.
5. Stay well hydrated, sip water often.
6. Pillows are light, so take a supportive pillow strapped to your case.
7. Put your seat upright & ensure your tailbone is as far back in the seat as it can be, with shoulders and head as supported as possible by the seat.

### Travelling by plane

1. Where possible, sit on the aisle to make it easier to regularly stretch and walk during the flight.
2. Use a rolled up garment or small cushion as a spinal support, to maintain the natural shape of the spine.
3. Be careful lifting suitcases. Bend with your knees, not your back.
4. Regularly roll your ankles in circles and point then flex your feet.
5. Stretch at least every 1 - 2 hours, and always stretch after sleeping.
6. Stay well hydrated, sip water often.
7. Place a supportive pillow inside your luggage or take an inflatable travel pillow.
8. Before take-off, set your watch to the time zone of your destination, then eat, drink & sleep in alignment with this time during the flight to adjust to it.

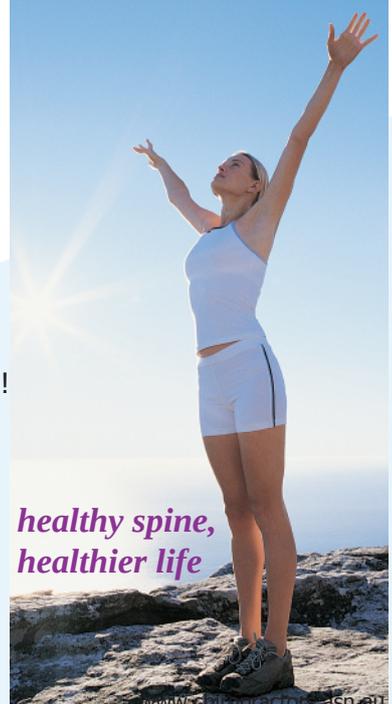
### Sleeping in a strange bed

1. Sleep on your back or side as much as possible, avoid sleeping on your stomach!
2. If the bed is 'saggy', consider putting the mattress on the floor.
3. Use a ceiling fan instead of air-conditioning where possible to avoid cold blasts of air on your neck or back.
4. Compensate for dips in the mattress by placing a small, soft towel under your side.
5. Always stretch after sleeping.
6. Stay well hydrated, sip water often.

**Best travel tip:**  
Do the **Straighten Up Australia** exercise program once a day, while you brush your teeth!

**Straighten Up Australia:**  
easy, daily exercise for the whole family in just 3 minutes - anywhere, anytime!

[straightenupaustralia.com.au](http://straightenupaustralia.com.au)



*healthy spine,  
healthier life*