

FIT FOR FLIGHT

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Am I fit to fly? | UK Civil Aviation Authority

Benefits of Being Physically Fit. "Use it or lose it!" That old saying not only relates to certain flying skills but also to the human body. Muscles that aren't used tend.

Fitness for Flight

Even a cold or flu can seriously impact our ability to fly. Don't set yourself up for failure by placing yourself into an aircraft if you're not fit to fly. Just a word or.

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Flying with Medical Conditions, the information. Patient | Patient

Over one billion people travel by air each year. The information in this article refers to considerations regarding fitness to fly as a passenger.

Related books: [Creare App per iPhone e iPad \(Programming Series\) \(Italian Edition\)](#), [Freedom Champions: Stories from the front lines in the war of ideas](#), [An Unsuitable Wife](#), [Romance After Dark](#), [Choose A Web Designer](#), [No, You Cant Have It](#), [Old School 2](#).

Medication Have I been taking prescription over-the-counter drugs? Women after the 36th week of pregnancy 32nd week for multiple pregnancy.

Theeffectofimmobility.Anxietyprecipitatedbyairportsecuritychecks

Panic attacks are common sudden, intense anxiety, sweating and trembling. A visit to the doctor prior to travel can provide reassurance about general fitness for air travel. On the flight get maximum sleep or take frequent naps.

Stretchandexerciseasmuchaspossibletoaidcirculationandpreventswo

above list is not exhaustive so any potential traveller with an underlying medical condition who is unsure, should seek advice from their GP in the first instance. See the Deep Vein Thrombosis advice page for detailed information.