

# Lana Aire Flight Training Made Simple: Exercise Preparation For And Action After

Flight training is an exciting and rewarding experience. It can also be physically and mentally challenging, especially for those new to the activity. To maximize your results and minimize your risk of injury, it's important to prepare your body before each flight and take the right steps afterwards.



## Lana Aire's Flight Training - Made Simple (Exercise 2 - Preparation for and action after flight) (Lana Aire's Flight Training Made Simple - Exercise 2) by Telani Lithgow

★★★★★ 5 out of 5

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Screen Reader	: Supported
Print length	: 49 pages



This guide will provide you with step-by-step instructions for exercise preparation and post-flight action, based on the proven methods of Lana Aire, a world-renowned flight instructor and fitness expert.

### Exercise Preparation

1. **Warm up:** Begin with 5-10 minutes of light cardio, such as walking, jogging, or cycling. This will help to increase your heart rate and blood flow, and prepare your muscles for the demands of flight training.

2. **Stretch:** Once you're warmed up, spend 5-10 minutes stretching your major muscle groups, including your neck, shoulders, back, legs, and arms. This will help to improve your flexibility and range of motion, and reduce your risk of injury.
3. **Hydrate:** Drink plenty of water before and during your flight training session. Dehydration can lead to fatigue, dizziness, and impaired coordination.
4. **Eat a light meal:** Avoid eating a heavy meal before flying. A light snack, such as a banana or a granola bar, will provide you with energy without weighing you down.
5. **Wear comfortable clothing:** Wear loose, comfortable clothing that allows you to move freely. Avoid wearing tight clothing or clothing that restricts your range of motion.

## Action After

1. **Cool down:** Spend 5-10 minutes cooling down after your flight training session. This will help to reduce your heart rate and blood pressure, and prevent muscle soreness.
2. **Stretch:** Repeat the stretches that you did before your flight training session. This will help to improve your flexibility and range of motion, and reduce your risk of injury.
3. **Hydrate:** Drink plenty of water after your flight training session to replenish lost fluids.
4. **Eat a healthy meal:** Eat a healthy meal within 2 hours of your flight training session. This will help to refuel your body and promote recovery.

5. **Get rest:** Get a good night's sleep after your flight training session. This will help your body to recover and prepare for the next day.

By following these simple steps, you can prepare your body for flight training and take the right steps afterwards to promote recovery and maximize your results. With proper preparation and care, you can safely and enjoyably achieve your flight training goals.

## About Lana Aire

Lana Aire is a world-renowned flight instructor and fitness expert. She has over 20 years of experience in the aviation industry, and has helped thousands of people to achieve their flight training goals. Lana is the author of the best-selling book, "Flight Training Made Simple." She is also the founder of Lana Aire Flight Training, a leading provider of flight training services.

## Free Download Your Copy Today!

To Free Download your copy of "Lana Aire Flight Training Made Simple," click here. This comprehensive guide will provide you with everything you need to know to prepare for flight training and take the right steps afterwards. With Lana Aire's proven methods, you can safely and enjoyably achieve your flight training goals.

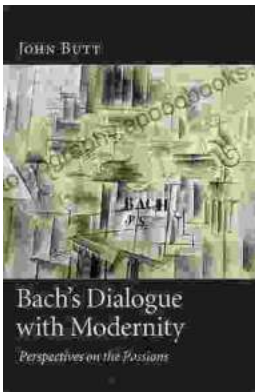
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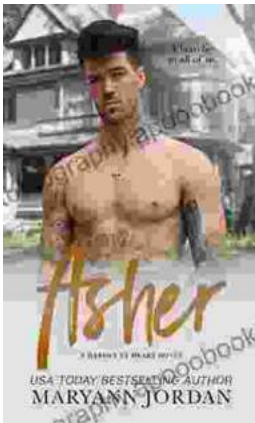
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