Stretch Minute stretchminute.com

6 stretches for long-haul flights

About 4 minutes | 6 stretches | Standing, seated or kneeling | no equipment

When: On a long-haul flight when the seat-belt sign is off, at the gate on a layover, or at the hotel. Move slowly into each stretch and breathe; a gentle stretch is enough.



1. Ankle Circles

15 s each side

Lift one foot and circle the ankle slowly. Change direction halfway.



2. Chin to Chest

25 s

Sit or stand tall. Place a hand behind your head and gently guide your chin toward your chest.



3. Ear to Shoulder

20 s each side

Let one ear drop toward your shoulder. Keep both shoulders down and relaxed.



4. Shoulder Rolls

30 s

Roll your shoulders forward in big circles, then backward. Keep your arms relaxed.



5. Knee Circles

20 s

Feet together, knees slightly bent, hands on knees. Circle your knees gently both ways.



6. Seated Twist

20 s each side

Sit with one leg straight and cross the other foot over it. Turn toward the bent knee and hold.

Days done

	M	T	W	T	F	S	S
Week 1							
Week 2							

Do it guided, free

Scan to open "Long Flights" in the Stretch Minute app, with a timer and voice guidance.

stretchminute.com/r/long_flights

Follow the crew's instructions and stay seated while the seat-belt sign is on. Stretch gently and stop if anything hurts. Stretch Minute is not medical advice. If you are injured, pregnant or have a medical condition, check with a doctor first.

© 2026 Indimakes Technology