



Your connecting flight is late. Or your arrival was too early and family car pick-up won't be for another hour. Or you got to the airport hours early for your outgoing flight, you're all checked in and boarding isn't for another 90 minutes. Or your flight was cancelled and the next one won't happen for two more hours. Don't just sit there and mope.

Get some exercise before spending hours in flight jammed into your narrow cheap seat. Walk and or jog through the airport and safe open areas outside. If you have a suitcase and/or much carry stuff, use a push cart while exercising.

Think of it as resistance training. Airports usually have lockers, so if you're facing a big delay, stash your bags for a little vigorous activity. Whatever ways you keep delayed mind and body working in the airport, it will help with physical health and mental ease.