

# THIS FIT MUM'S FLIGHT HACKS *for a Flatter Tummy*

SIMPLE STEPS TO REDUCE BLOATING, SUPPORT DIGESTION  
& FEEL YOUR BEST WHILE TRAVELLING

## 01 BEFORE YOUR FLIGHT (48-24 HOURS)

- 💧 Increase water intake
- 🥣 Keep carbs consistent
- 🌿 Keep fibre moderate
- 🚫 Avoid alcohol, fizzy drinks and very salty foods

### TOP TIP

Most holiday bloat starts before you even get on the plane.

## 02 NIGHT BEFORE

- 🍽️ Eat a balanced meal
- 💧 Stay hydrated
- 🌙 Prioritise sleep
- 🚫 Avoid takeaways and alcohol

Supplement:  
Magnesium Glycinate

## 03 MORNING OF YOUR FLIGHT

- 🍳 Eat a protein-rich breakfast
- 💧 Start hydrating early
- 🍋 Warm lemon water can support digestion
- 🚫 Don't arrive at the airport starving

Supplement:  
Vitamin C

PREPARE  
SUPPORT  
STAY FLAT  
ENJOY YOUR  
HOLIDAY

## 04 AT THE AIRPORT

- 🍞 Choose protein and whole foods
- 💧 Continue drinking water
- 🧂 Avoid excessive salt
- 🍷 Save the cocktails for arrival

Supplement:  
Electrolytes

## 05 DURING THE FLIGHT

- 💧 Drink water regularly
- 🚶 Get up and move
- 🚫 Avoid fizzy drinks
- 🌿 Support digestion

Supplement:  
Peppermint Tea /  
Peppermint Capsules

## 06 WHEN YOU LAND

- 💧 Rehydrate immediately
- 🚶 Get moving
- 🍽️ Choose your first meal wisely
- 🌴 Enjoy yourself without overdoing it

Supplements I Continue Using:

- Electrolytes
- Vitamin C
- Magnesium Glycinate
- Gut Love

## MY TRAVEL SUPPLEMENT STACK

proteinworks: use code **THISFITMUM** for discount

Electrolytes

🔗 [Click](#)

Magnesium  
Glycinate

🔗 [Click](#)

Vitamin C

🔗 [Click](#)

Gut Love

🔗 [Click](#)

Peppermint Tea /  
Capsules

🔗 [Click](#)

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help?

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all year round, I'd love to help you.

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