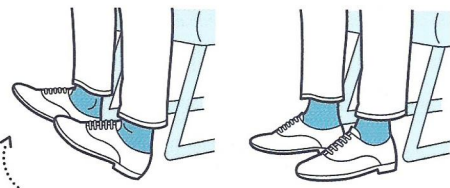


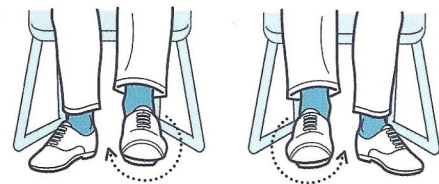
EXERCISES

Ⓔ When you're sitting upright in a stationary position for a long time your body can stiffen up. Try some of these subtle aerobic exercises while in your seat to try to loosen up.



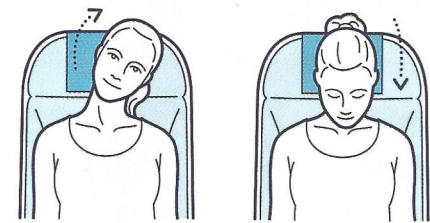
Foot Pumps

Ⓔ Lift toes off the ground, hold, stretch, then put toes down and lift heels.



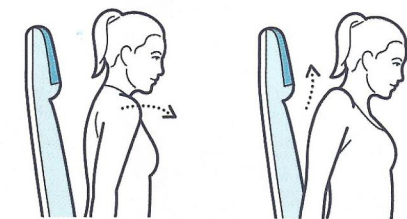
Ankle Circles Pergelangan Kaki

Ⓔ Lift feet off the floor, make circular motion with toes for 15 seconds. Reverse.
 Ⓕ Angkat telapak kaki lalu buat gerakan melingkar dengan jari kaki selama 15 detik. Ulangi dengan arah putaran sebaliknya.



Neck Roll

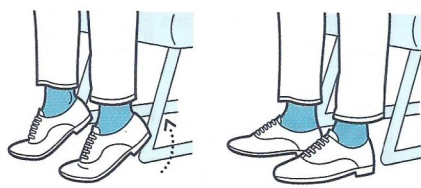
Ⓔ Relax shoulders, drop ear to shoulder, gently roll neck forward and back.



Shoulder Hunch

Ⓔ Hunch shoulders forwards, upwards, backwards and down in a gentle circular motion.

Ⓕ Bila Anda duduk tegap tanpa bergerak untuk jangka waktu yang lama, tubuh Anda akan terasa kaku. Cobalah senam aerobik berikut ini ketika Anda duduk agar tubuh terasa lebih santai.



Kaki

Ⓕ Angkat jari-jari kaki, tahan, renggangkan, lalu turunkan jari-jari kaki dan angkat tumit.



Knee Lifts

Ⓔ Lift leg with knee bent, contract thigh muscle, 20 times each leg.
 Ⓕ Angkat betis, lekukkan lutut dan kencangkan otot paha, lakukan 20 kali untuk masing-masing betis.

Lutut

DVT

Ⓔ DVT or Deep Vein Thrombosis is a condition also known as Economy Class Syndrome. Anyone who sits motionless for a long time may develop a stagnation of body fluids, which can cause small clumps of clotted blood in the lower legs. If the legs are not exercised these clots can grow and later cause more serious conditions. To reduce the risk of DVT, we recommend you try some of the subtle exercises in your seat as described on the left. Also, drink plenty of water and move about the cabin whenever possible.

Ⓕ DVT atau *Deep Vein Thrombosis* adalah suatu kondisi yang dikenal juga dengan istilah *Economy Class Syndrome*. Jika Anda duduk dalam jangka waktu yang lama, maka Anda akan mengalami stagnasi peredaran cairan tubuh yang dapat menyebabkan pembekuan darah pada bagian bawah kaki. Bila betis dan kaki Anda tidak digerakkan, pembekuan darah dapat berkembang hingga menyebabkan kondisi yang serius. Guna mengurangi risiko DVT, kami anjurkan Anda melakukan senam seperti yang dijelaskan di samping. Selain itu, pastikan Anda minum cukup air dan berjalanlah di sekitar kabin pesawat, ketika keadaan memungkinkan.

Passenger Comments

“Overall flying experience saya dan keluarga dengan Garuda Indonesia cukup memuaskan, tingkatkan kinerja untuk menjadi 5-Star Airline terbaik di dunia. Saya yakin Indonesia mampu menjadi pemain global. Salam sukses!

David Hartono, GA-088, Surabaya

“Thanks for all your kindness. I had such a pleasant and comfortable flight. I would be thrilled to fly Garuda Indonesia again. I think Indonesian flight attendants are really beautiful.

Mumi Kim, GA-881, Korea

“You are just excellent. I am proud that Indonesia has an excellent international airline service like Garuda Indonesia!

Muharwan Syahroni GA-191, Jakarta



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