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The best way to recover after a long travel day

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St. Bart's is made for romance



Once you've arrived

Start moving ASAP. After hours of sedentary slog, moving your body can give you a second wind. Starrett tells clients to treat their first day on the ground as an active recovery day. Keep your exercise light with activities such as stretching and walking.

Intrepid Travel CEO James Thornton gets similar results with a run. "It's the best way to get programmed to the new time zone and release energy from being on the plane," he says.

I love a jog, but I'm also a fan of trying local gyms and workouts. Sweating in a Bangkok Muay Thai class and trying gyms in Marrakesh were ways to get to know a new place and feel like a new person.

Get outside. While you're out moving, try grounding (being barefoot outside). Deol says walking your bare feet on sand or grass can help reduce inflammation and help you feel energized.

Simply being outside is ideal for clearing your head after being trapped on a plane, says Sebastien Maingourd, regional manager of [Le Barthélemy Hotel and Spa](#) in the French West Indies. He tells guests to take a walk or quick swim to feel rejuvenated.