

# NUTRITION AND WEIGHT MANAGEMENT



In Fitness to Fly, find

## 7 WAYS TO MAINTAIN GOOD NUTRITION AND SUCCESSFULLY MANAGE BODY WEIGHT:

1. Consume the number of calories required to obtain and maintain a healthy weight
2. Minimize intake of food with high refined sugar content
3. Eat a balanced diet
4. Reduce salt intake
5. Make healthy choices when eating away from home
6. Take an interest in reading and understanding food labels
7. Lower your risk of developing Type 2 diabetes



To learn more about these recommendations, get your handbook at

[www.unitingaviation.com/fitnesstofly/](http://www.unitingaviation.com/fitnesstofly/)

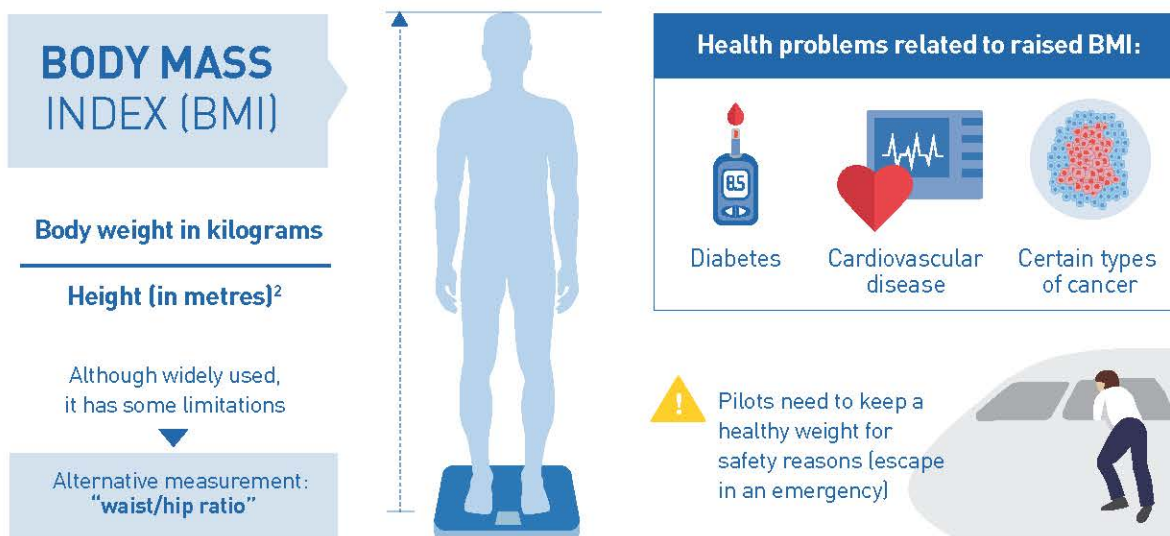
## CHAPTER 6

# NUTRITION AND WEIGHT MANAGEMENT



One of the main health risks for pilots is an unhealthy diet. Obesity is linked to a number of chronic health conditions. Diabetes is one of the top 10 diseases that cause long-term unfitness in professional pilots and is linked to diet and weight issues.

Healthy weight loss isn't about a 'diet' or 'programme'. It's about lifestyle changes in daily eating and exercise habits.



## CHAPTER 5

# HOW TO REDUCE YOUR HEALTH RISKS FROM MUSCULOSKELETAL INJURY








In Fitness to Fly, find

## 9 PRACTICAL WAYS TO REDUCE MUSCULOSKELETAL INJURY RISKS:

1. **Get active!**
2. **Build up levels of physical activity slowly, and warm up before undertaking sporting activities**
3. **Avoid exercise when feeling unwell**
4. **Adopt an ergonomically neutral posture**
5. **Keep your back straight and not twisted when lifting**
6. **Maintain a healthy weight**
7. **Take care to avoid accidents or falls**
8. **Stop smoking.**
9. **Sit less, move more - reduce risks from a sedentary lifestyle**

### A GOOD EXERCISE PROGRAMME SHOULD INCLUDE:

Aerobic fitness	Core exercises	Strength training	Balance training	Flexibility and stretching
				
Running, walking, using stairs	Muscles of the abdomen, lower back and pelvis	Push-ups, squats, exercise with weights	For example, standing on one leg and switching	Stretching exercises when the muscles are warmed up

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## CHAPTER 5

# HOW TO REDUCE YOUR HEALTH RISKS FROM MUSCULOSKELETAL INJURY



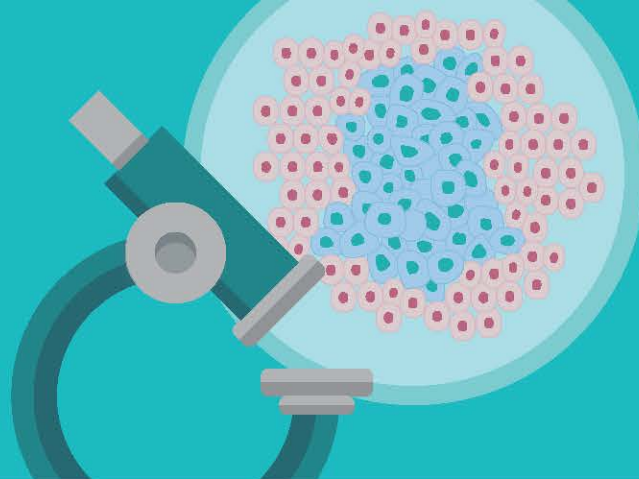
In professional pilots, musculoskeletal problems consistently rank among the most common reasons for unfitness, both temporary and long term with the potential to create a flight safety risk due to distraction and performance decrements.

While back pain is the single most important musculoskeletal problem in pilots, there are other types of musculoskeletal conditions that should be considered (e.g. those related to sporting injuries and home-based activities).



## CHAPTER 4

# WHAT WE KNOW ABOUT CANCER



In Fitness to Fly, find

### 8 PRACTICAL WAYS TO MINIMIZE THE RISK OF CANCER:

1. Stop smoking
2. Eat a healthy diet
3. Maintain a healthy weight
4. Cut back on alcohol
5. Avoid sunburn
6. Get active!
7. Reduce the risk of certain infections
8. Discuss with a health professional which cancer screening tests you should undergo

## SKIN CANCER



### CHECKLIST

To reduce the risk of developing skin cancer

Do not deliberately  
sunbathe



Stay in the shade



when the sun is highest



Wear clothing that  
covers as much of  
your skin as possible



Protect your head,



face and back of the  
neck (e.g. wear a hat  
with a wide brim)



Use sunscreen



with factor (SPF)  
of 15 or higher

It should protect  
you against both  
UVA and UVB



Avoid using  
a tanning bed,



booth or sunlamp

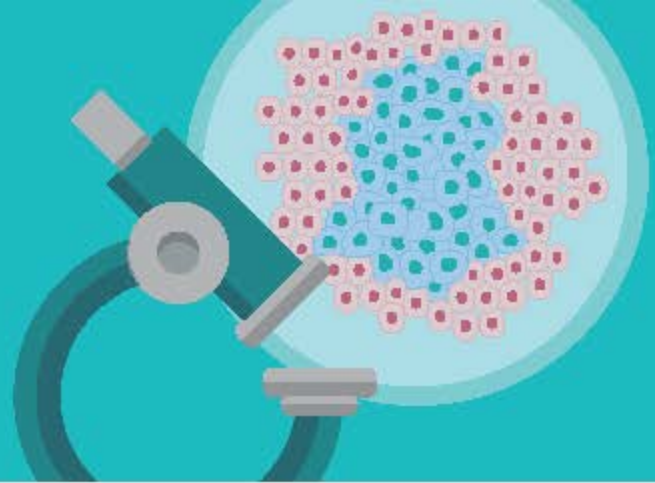


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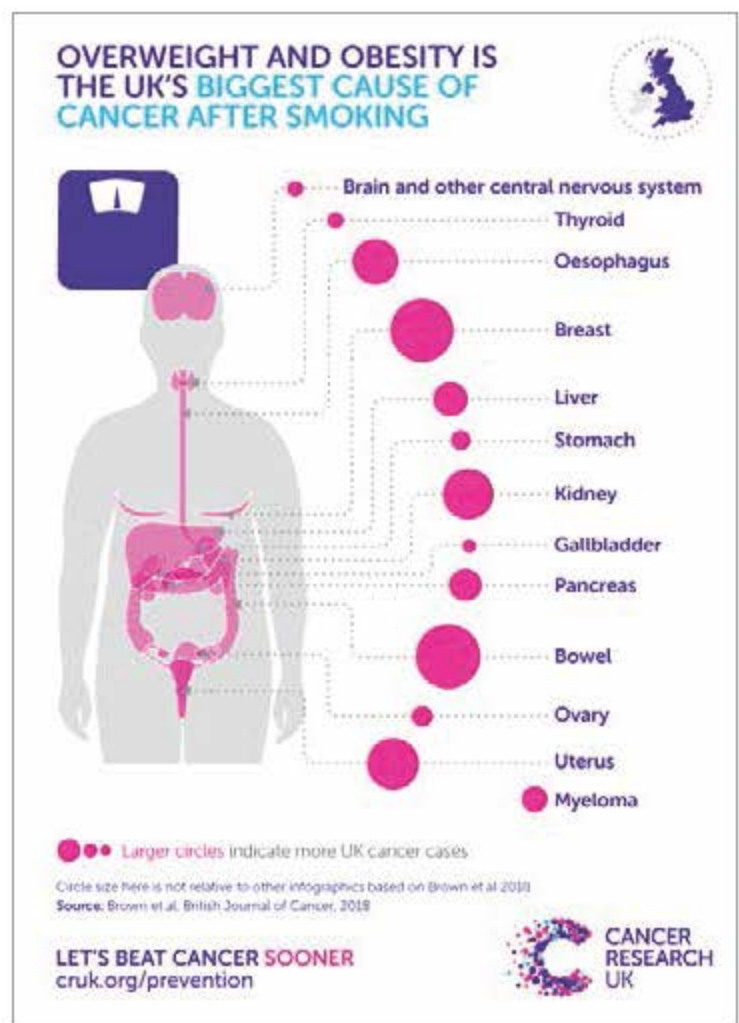
## CHAPTER 4

# WHAT WE KNOW ABOUT CANCER



Studies indicate that cancer incidence is generally lower in professional pilots than the general population. However, an increased frequency of skin cancer has been reported in pilots which could be due to exposure to UV from sunlight.

Other types of cancer are caused by the five leading lifestyle risks: high body mass index, low fruit and vegetable intake, lack of physical activity, tobacco use and alcohol use.





## CHAPTER 3

# IMPACT OF ALCOHOL AND DRUGS ON PERFORMANCE AND HEALTH

### In Fitness to Fly, find 9 PRACTICAL WAYS TO MINIMIZE RISK FROM ALCOHOL INTAKE:

1

**Assess your drinking habits**



Take the AUDIT questionnaire

2

**Comply with your company's alcohol policy**



3

**Find out the drinking guidelines in your country**



4

**Learn about the amounts of alcohol in different drinks**

% alcohol	Spirits 40%	Beer 5%	Wine 12%

9

**Know where to seek help**



8

**Mitigate the short-term effects of alcohol**

Alternate with water



Eat a meal prior to drinking



## 9 PRACTICAL WAYS

to minimize risk from alcohol



5

**Set sensible drinking levels**

UNIT= small glass / 12% ABV

**UK guidelines**

Max 14 units/week  
Spread over 3+ days

**US guidelines**

Max Daily 1 2

7

**Have several alcohol-free days per week**



6

**Don't "binge drink"**

The effects of binge drinking can last for up to 72 hours



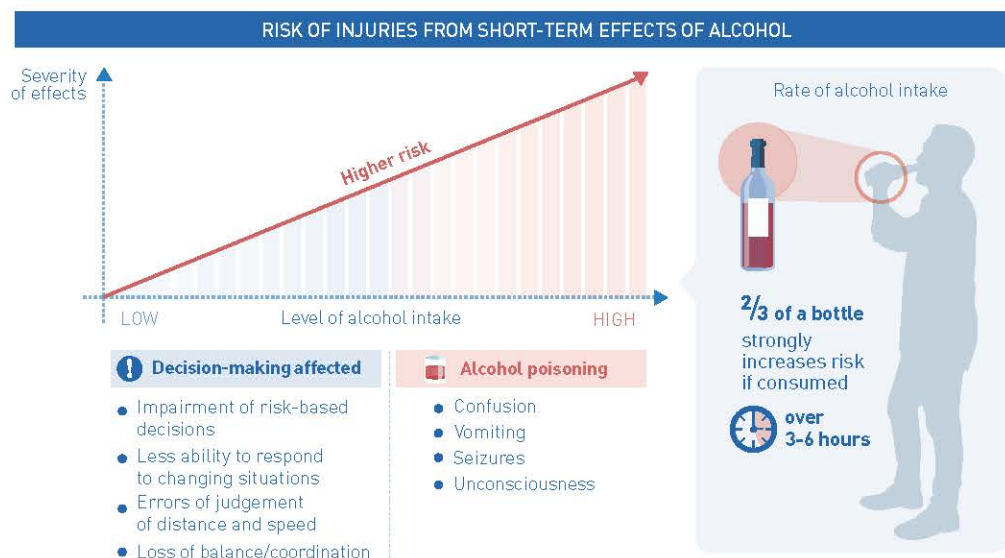
Blood alcohol level = or + 0.08 grams

## CHAPTER 3

# IMPACT OF ALCOHOL AND DRUGS ON PERFORMANCE AND HEALTH

There is a clear flight safety risk associated with problematic use of alcohol, or other psychoactive substances. Among a variety of other detrimental effects, the following are some effects of alcohol intake:

- **Increased self-confidence and reduced anxiety that can adversely affect decision making**
- **Coordination problems**
- **Impaired reaction time and double vision**
- **Errors of judgment of distance or speed**





## HOW TO KEEP MENTALLY WELL



1. Connect socially with others
2. Get Active
3. Keep learning
4. Give to others
5. Be mindful



To learn more about these recommendations, get your handbook at [www.unitingaviation.com/fitnesstofly/](http://www.unitingaviation.com/fitnesstofly/)

## CHAPTER 2

# HOW TO KEEP MENTALLY WELL



There are several challenges pilots face during their career that can result in emotional and mental stress:



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## CHAPTER 1

# UNDERSTANDING CARDIOVASCULAR RISK



In Fitness to Fly, find  
**7 WAYS TO MITIGATE THESE RISKS  
AND ACHIEVE OPTIMUM  
CARDIOVASCULAR HEALTH:**

1. **Get active!**
2. **Understand your blood fat (lipid) levels**
3. **Manage your blood pressure**
4. **Eat a healthy diet**
5. **Maintain a healthy weight**
6. **Understand the risk of diabetes**
7. **Stop smoking**





## CHAPTER 1

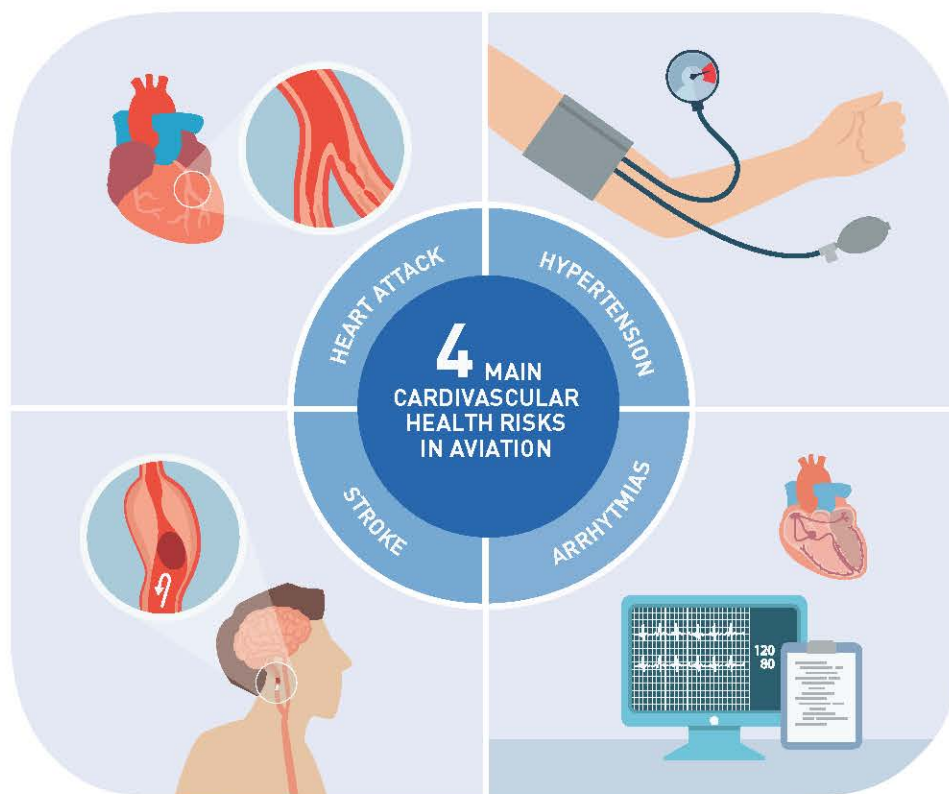
# UNDERSTANDING CARDIOVASCULAR RISK



## ARE YOU EXPERIENCING ANY OF THESE WARNING SYMPTOMS?

1. Irregular heart beat
2. Pressure, tightness or chest pain
3. Dizziness
4. Difficulty breathing or shortness of breath

If your answer is yes, you may be under  
one of these 4 major risks:



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## Find in Fitness to Fly

### ESSENTIAL TIPS AND RECOMMENDATIONS ON HEARING AND VISION PROTECTION:

1. **Protect your hearing from long duration high level background noise and from loud noises even if it is for short duration**
2. **Keep the volume down**
3. **Use ear protectors**
4. **See your doctor if you notice any hearing loss**
5. **Reduce exposure to ultraviolet radiation**
6. **Wear eye protection**
7. **Eat healthy balanced diet**
8. **Reduce risk from diabetes**

### SUMMARY

#### HOW TO PROTECT YOUR VISION





Reduce exposure to ultraviolet radiation (UV)



Wear eye protection when undertaking risky activities



Eat a healthy, balanced diet - one that is rich in green, leafy vegetables and fish



Treat high blood pressure



Reduce risk from diabetes



Manage blood cholesterol levels



Quit smoking

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## CHAPTER 9

# HEARING AND VISION



The main concern with hearing loss is the risk of reduced ability to communicate clearly and the increased possibility of misunderstanding an ATC instruction. As with hearing, loss of vision has the potential to cause major safety risks for a pilot.



If you are operating noisy aircraft, the risk of NIHL is increased, so be particularly careful about protecting your hearing, both at work and during leisure time.

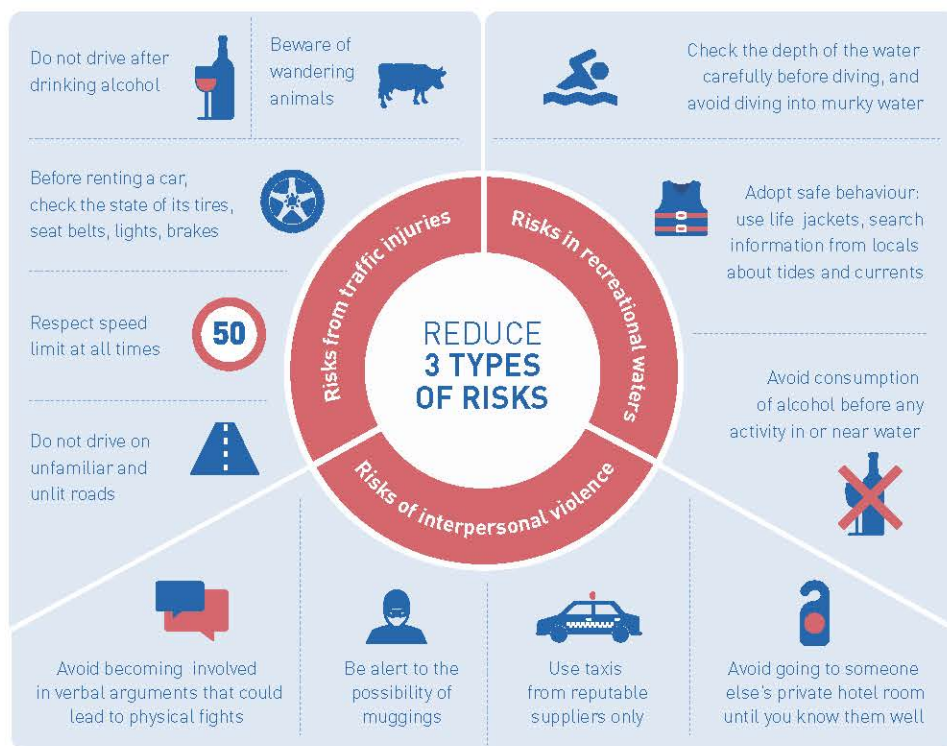
The most frequent eye diseases with the potential to significantly reduce vision in pilots are cataracts, age-related macular degeneration, diabetic retinopathy, glaucoma and eye injuries. All of these diagnoses can be prevented, or progression delayed.





In Fitness to Fly, find  
**9 WAYS TO REDUCE MEDICAL RISKS  
WHEN TRAVELLING ABROAD:**

- 1. Keep your vaccinations up to date**
- 2. Check risks from insects and take preventive action as necessary**
- 3. Be careful about food and water hygiene**
- 4. Reduce transport, recreational and assault risks**
- 5. Know your blood group**
- 6. Avoid unnecessary exposure to sunlight**
- 7. Do not use medications from unreliable sources**
- 8. Avoid sex with casual partners**
- 9. Stay away from animals**



## CHAPTER 8

# TRAVEL HEALTH



Due to the nature of the work, professional pilots travel often abroad and are exposed to a number of increased health risks such as poor food quality, road transport accidents and accidents when undertaking outdoor activities. The risk of injury is increased when under the influence of alcohol or drugs.

### HOW TO PREVENT FOOD POISONING

When eating out while on a layover/  
night-stop away from home base



If in doubt about the hygiene of a cafe or restaurant, **don't eat there**



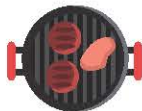
**Don't eat "street food"**, as hygiene standards are often poor



Always eat **freshly cooked food**



In a location where water is not drinkable, **avoid salads, fruit, and ice**



Ensure all meat and fish are completely cooked



Avoid shellfish

During a flight



Operating flight crew should **eat different dishes** when in-flight meals are served

Pilots at the controls should eat at different times

A separation of **at least 30 minutes** is advisable.



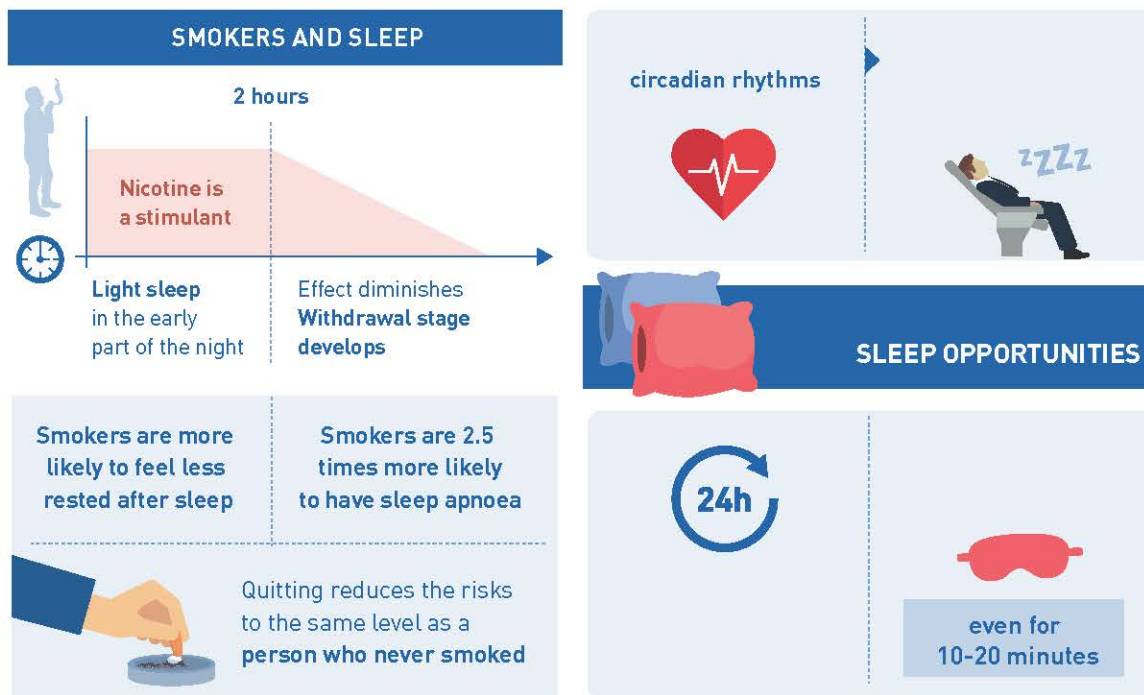
## CHAPTER 7

# SLEEP AND THE IMPACT OF MEDICAL CONDITIONS



### In Fitness to Fly, find 6 SIMPLE WAYS TO REDUCE THE RISK OF MEDICAL CAUSES OF POOR SLEEP:

1. **Maintain a healthy weight**
2. **Get active!**
3. **Avoid drinking alcohol before bedtime**
4. **Stop smoking**
5. **Use sleep opportunities wisely**
6. **Avoid caffeine and other stimulants before bedtime**





## CHAPTER 7

# SLEEP AND THE IMPACT OF MEDICAL CONDITIONS



Most of the scientific work related to sleep issues and professional pilots has involved the effect of fatigue on alertness and performance.

Obstructive Sleep Apnoea (OSA) is probably the most common medical cause of poor sleep in pilots. It consists of repeated pauses in breathing during sleep. The effects of OSA are seen when awake, with the individual feeling very tired the next day due to repeatedly disturbed sleep, resulting in an increased susceptibility to fatigue.

