



A Guide to Healthy Legs

- 1 Get Your Legs Moving.** By simply walking you generate blood circulation in your legs... what could be easier. Walk, climb stairs, move your legs around the office and at home. Avoid prolonged sitting or standing which may cause leg pain and swelling.
- 2 Uncross your legs when sitting.** Crossing your legs can restrict blood flow. Consider crossing your ankles while keeping your feet on the ground.
- 3 Avoid High Heels, Wear Low-Heel Or Flats.** Low-heel shoes work the calf muscles more which is better for your veins. Wearing shoes with proper support will allow your calf muscle to pump blood back to the heart more effectively.
- 4 Elevate Your Legs** parallel to the ground. This improves the blood flow to the rest of your body. In order to ease the venous blood return, elevate your legs at home while sitting on the sofa or lying in bed. At the office, have a leg rest under your desk.
- 5 Avoid Long Periods of Sitting or Standing.** Change your position, shift from one leg to the other...walk gently back and forth.
- 6 Maintain a Healthy Weight** and take unnecessary pressure off your leg veins.
- 7 Don't Wear Tight Clothes** around your groin and calves as this can restrict your circulation.
- 8 Refresh your Legs. Limit baths,** Take Showers. Hot baths can dilate blood vessels decreasing the return of blood from the legs to the heart. After a long tiring day, or during hot season, refresh your legs with a cool shower. Avoid long exposure to heat like sunbathing and saunas that may lead veins to dilate and induce swelling.
- 9 Stop smoking.** Smoking inhibits circulation.
- 10 Moisturize Your Skin Regularly** to maintain its elasticity and support your cell walls, which can help prevent varicose veins.

Exercise your feet

Do the following foot exercises several times a day to keep blood moving when you sit.

Ankle rolls: Keep your heels on the floor. Lift your toes off the floor up and down (like tapping) and then in and out.

Forward foot slide: Keep your foot on the floor. Slide your foot forward and back on the floor.

Knee straightening: Put your feet on the floor. Position your feet straight up. Straighten your knees and hold for five seconds. Put your feet back down to your starting position.

Knee lift: Place your feet on the floor. With your knee bent, lift one foot and leg up and down, then alternate legs. To do these exercises, sit in a comfortable chair. Use correct posture. Do each set of exercises five times with one leg. Switch legs and repeat five times.

If you experience pain, swelling or other uncomfortable leg symptoms it may be a sign of more serious leg problems - see your physician. This information is not a substitute for medical advice or treatments. Only your health care professional can accurately evaluate your condition and make informed decisions regarding your care.