



Pump it up! Top tips for healthier legs

Whether you are relaxing or on the move, here are some top tips to get your blood moving and help to improve the health of your lower limbs.

Walk

Walking makes your calf and foot muscles contract, which helps to squeeze blood from the lower limb back towards the heart. This helps to clear swelling from the leg, and exercising while wearing your compression enhances this effect even more!

Move your feet

Simple foot exercises while sitting can also get your muscles squeezing and

blood pumping. Flexing your foot up and down and rotating your ankle as often as you can will help to keep your feet and legs healthy.

Elevate

When sitting, if possible elevate your legs to help blood flow towards the heart. Avoid crossing your legs to keep your blood flowing. ➡

