

Ten Tips for Healthy Legs

Follow the healthy leg rule: “SAVE AS MADE”

1. **S**top Crossing your legs! – Crossing your legs restricts blood flow and allows for leg problems to develop. Classy ladies cross their legs at their ankles.
2. **A**ctive Exercise – Walking or Jogging is a great way to generate good blood circulation in your legs. When you walk or jog, you bear all of your weight on your legs, which help to build bone and muscle strength. Swimming is also a great way reinforce leg circulation.
3. **V**itamins – Taking the proper amount of calcium and vitamin D is a great way to maintain bone health. This can be done through vitamin rich foods or a nutritional supplement.
4. **E**levate – when sitting at work or watching TV, raising your legs parallel to the ground improves blood flow to the legs as well as the rest of the body.
5. **A**void high heels – Stilettos may make your legs look longer, but if the heels are more than two inches high it can throw your back out of alignment. Shoes with lower heels (less than 2 inches) help to work your calf muscles promoting circulation and healthy veins. All of which can help prevent more serious problems down the road.
6. **S**hower – taking hot baths causes blood vessels to dilate which in turn causes a decrease in the return of blood from the legs. Using cold water on your legs can improve circulation and tone.
7. **M**oisturize – Lotion helps in the maintenance of skin’s elasticity and supports your cell walls, which could prevent or minimize the appearance of varicose veins.
8. **A**void staying in one position for too long – you need to keep moving to keep your circulation flowing freely. Take walking breaks throughout the day if you sit for long periods of time or take sitting breaks throughout the day if you stand for long periods of time. Take a quick 5 minute walk to jump start your circulation.
9. **D**on’t smoke – smoking affects the circulation of your entire body and increases the risk of leg problems.
10. **E**at a healthy diet and maintain an ideal body weight – Being overweight adds pressure on your legs and increases the risk for cellulite, varicose veins and circulation problems.

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