

## 11 Tips for Healthy Legs (2020 Update)

1

### **Take simple steps to maintain a healthy weight**

Lower or control the amount of food you eat at every meal, keep moving, and drink more water.

2

### **Stay active with regular exercise**

Take a 30 min walk, go swimming, run or hike, stretch and take yoga classes, even dancing in your living room!

3

### **Get comfortable with compression socks- better circulation!**

Minimize swelling, improve circulation, and reduce recovery time after a tough workout or long day spent on your feet with compression socks.

4

### **Support healthy blood flow by not sitting for TOO long**

Set a timer to get you moving around on a schedule, walk around multiple times a day, and if you can work at a standing desk, do it!

5

### **Relax with a massage**

Massage can improve circulation throughout the body to make you feel more rested and relaxed.

6

### **Change your shower/bath habits**

Lower the temperature of your shower, limit the length spent in the shower or bath, and rinse off your legs with cool water at the end of your shower.

7

### **Eat nutrient-rich foods that taste great and build you up**

This includes ditching fad diets, trading out processed foods for whole foods like produce, fruit, and vegetables, as well as eating more protein!

8

### **Prevent future health problems when you stop smoking**

If you currently smoke, stopping can provide health benefits including: healing to lungs, circulatory system, and skin.

9

### **Support your whole body with the correct shoes**

Invest in quality shoes, avoid wearing flat shoes (without any support) on a regular basis, and seek advice from a doctor on shoe choice.

10

### **Recharge your whole body as you sleep**

Remove distractions from sleeping area, turn off TV and stop using cell phone 1.5 hours before bed, get a noise generator, and set an alarm.

11

### **Take a load off while you kick up your heels**

Elevating your legs can help the blood and other fluids flow back to your heart more easily. Make sure they are above your heart!