



## **Recommendations for Better Legs**

### **Regular Exercise:**

**Walking, running, stairmaster, aerobics, swimming, elliptical machine, or biking for 30 minutes 5-7 days per week will help reduce aching, pain, and tiredness in your legs**

### **Elevate Your Legs:**

**Elevating your legs above heart level for at least 10 minutes once or twice daily may diminish aching and swelling**

### **Move Your Legs Frequently:**

**Flexing your ankles 10 times will pump blood out of your legs like walking does. Repeat this every 10 minutes while standing or sitting and try to walk for at least 2 minutes every half hour.**

### **Avoid Wearing High Heels:**

**Wearing high heels interferes with the normal pumping action that occurs when you walk.**

### **Maintain Proper Weight:**

**Even a moderate weight loss may reduce aching in the legs due to varicose veins and diminish the rate at which spider veins develop.**

### **Wear Support Hose:**

**Graduated compression stockings improve overall venous circulation and will slow the progression of venous disease**