

HEALTHY VEINS

EASY EXERCISES & TIPS

This simple practice can complement exercises and other treatments for vein health.

1 BICYCLES KICKS



- 1. Lie on Your Back:** Raise your legs to a 90-degree angle.
- 2. Kick One Leg:** Extend your right leg forward, keeping your left leg bent.
- 3. Switch Legs:** Bring your right leg back and extend your left leg forward.
- 4. Repeat:** Alternate legs in a smooth cycling motion.

Great for stimulating calf muscles and promoting blood circulation, even without a bike!

2 LEG LIFTS



- 1. Lie Flat:** Lay on your back on a comfortable surface.
- 2. Lift One Leg:** Raise one leg straight up.
- 3. Hold:** Keep it elevated for a few seconds.
- 4. Switch Legs:** Lower and repeat with the other leg.
- 5. Repeat:** Alternate legs for a few minutes.

Great for improving circulation without equipment!

3 LUNGES



- 1. Start Standing:** Stand with arms at your sides.
- 2. Step Forward:** Take a big step with your left foot.
- 3. Lower Into a Lunge:** Bend your knee to 90 degrees.
- 4. Hold:** Stay in the lunge for 10 seconds.
- 5. Return to Standing:** Push back to start.
- 6. Repeat:** Switch legs and repeat.

Great for strengthening legs and improving circulation!

4 CALF RAISES



- 1. Start Standing:** Stand with feet parallel.
- 2. Raise Toes:** Lift your toes off the ground.
- 3. Lower Toes:** Bring toes back down.
- 4. Raise Heels:** Lift your heels off the ground.
- 5. Repeat:** Alternate between raising toes and heels.

Simple and effective for circulation and leg strength!

5 ROCKING



- 1. Start Standing:** Heels together, toes out.
- 2. Rise Up:** Lift onto tiptoes slowly.
- 3. Lower Down:** Return heels to the ground.
- 4. Rock Back:** Shift weight to heels, lifting toes.
- 5. Repeat:** Alternate between tiptoes and heels.

Enhance circulation, strength, and balance!

6 TOE FLEXES



- 1. Sit or Lie Down:** Relax with legs stretched.
- 2. Stretch Forward:** Point toes away from you.
- 3. Flex Backward:** Pull toes toward your body.
- 4. Repeat:** Alternate for 20 reps per leg.

Promote blood flow and flexibility anytime, anywhere!

7 LEG ELEVATION



- 1. Lie Down:** Relax on a comfortable surface.
- 2. Raise Your Legs:** Lift legs straight up or rest against a wall.
- 3. Hold the Position:** Keep elevated for a few minutes, above heart level.
- 4. Lower Gently:** Slowly bring legs down.

Relieves swelling and promotes healthy circulation!

7 COLD SHOWERS



- 1. Boosts Blood Flow:** Cold water tightens blood vessels, improving circulation.
- 2. Reduces Swelling:** Helps decrease swelling and bulging veins.
- 3. Supports Heart Health:** Promotes overall cardiovascular well-being.

A simple way to enhance vein health!

EASY VEIN THERAPY EXERCISES



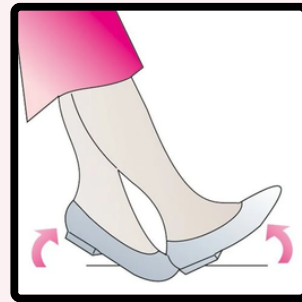
FOR LIMITED MOBILITY



In addition, blood flow can be improved through targeted venous gymnastics. You can do the following exercises while standing, lying down or sitting. Even in confined spaces, for example on an aeroplane, you can always do your legs some good.

ROCKING YOUR FEET

Raise the tips of your toes and heels alternately – standing or sitting.



STAND ON TIPTOES

Stand up and go into a toe stand with both feet at the same time, i.e.: You lift the heel and keep the ball of the foot on the floor.

LIFTING YOUR TOES UPWARDS

In this exercise, the heel stays on the floor and you lift the tips of your toes. You can do this exercise while sitting or lying down.



ROLLING YOUR FEET

Sit down and lift the tips of the feet, making sure to keep the heels on the floor. Roll your feet clockwise and anticlockwise in alternating fashion.