# **Upcoming**

events

## **Healthy legs** ft. compression stockings

got heavy and sore & tired legs learn how stockings can help. LIVE DEMO.

SAT Mar 18th 2-3 PM

### **Dealing with** seasonal allergies

do you struggle with allergies? natural tips to save yourself this season

> SAT Apr 15th 2-3 PM

# Slim into spring

natural & scientific weight management

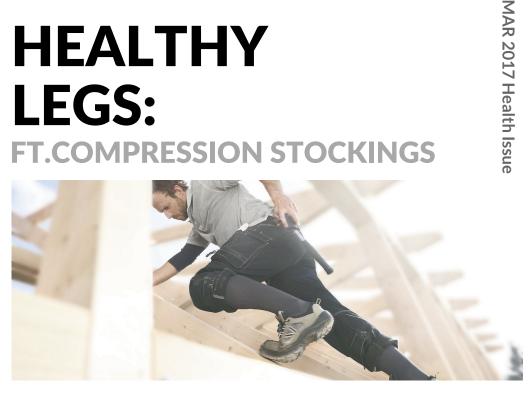
SAT Apr 22nd 2-3 PM

previously Hormones. Are they controlling you? **Dealing with Menopause** 

> SAT FEB 18th COMPLETED

# **HEALTHY LEGS**:

# FT.COMPRESSION STOCKINGS



Five pm strikes, and you are done work for the day! Why does it feel like you are dragging your legs home and not springing home?

Standing or sitting for a long time can affect the ability of the veins to return blood back to the heart leading to the feeling of tired or heavy legs. Other vein symptoms include varicose veins and swelling in legs. Valves in veins close to prevent blood flowing backwards causing congestion. Age, lack of exercise, pregnancy and weight problems can weaken the valves in the veins. Having a blood clot in your leg or swelling due to a health problem can also damage valves in veins

High blood sugar or diabetes can affect the circulation in your feet, as well. Poor blood flow in the feet can make it harder to fight infections and heal after getting injured

So What Can You Do?



# **TIPS** FOR HEALTHY **LEGS**

#### **DO PHYSICAL** 01 **ACTIVITIES**

- Exercise regularly
- Raise your legs above the level of your heart before bedtime
- Walk around after sitting or standing every few hours
- Move your leas around often when you are travelling

#### **WEAR PROPER FOOT WEAR**

- Wear compression stockings to improve circulation
- Wear comfortable. supportive shoes

### 03

#### **HEART HEALTH**

- Maintain a healthy weight
- Stop smoking
- Manage your blood sugar, blood pressure and cholesterol

#### **SKIN CARE**

- Use a mild soap and moisturizing lotion for dry skin
- Check your feet for swelling, redness or blisters

# **Do Compression Stockings Really Work?**





Most people have heard of compression stockings, but have the misconception that it cuts off their blood circulation from being so tight. Actually, they help with **blood circulation**, **prevent blood clot formation**, and reduce swelling.

How does that work?

Most importantly, compression stockings applies pressure to the tissues to prevent fluid from leaking into the tiny surrounding blood vessels (known as capillaries) to reduce swelling. It also serves to compress the legs at appropriate areas to prevent vein in the leg from opening and overflowing.



#### MEDI TRAVEL MEN/WOMEN

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