

Now it's your turn!

10 tips for your vein health

- Support your vein function through movement. Take advantage of every chance you get to walk in your everyday life.
- Sports activities promote your vein health. Why not go hiking, cycling or swimming, for example?
- Daily leg exercises are good for your wellbeing. You can find suitable exercises on the reverse side.
- Pay attention to your seated posture. Crossing your legs can prevent good blood flow.
- Put your feet up as often as possible, giving your veins a helping hand.
- Flat and comfortable shoes support your vein function. Heel-to-toe walking is important.
- Wear loose-fitting clothing to encourage venous return.
- Strengthen your body by eating a healthy diet containing vitamins and fibres.
- Make sure you are drinking enough: at least two litres of low-salt/ unsweetened drinks per day.
- Refresh your legs with cool water and/or a vein cream (e.g. Juzo Vital Balsam 7).

