

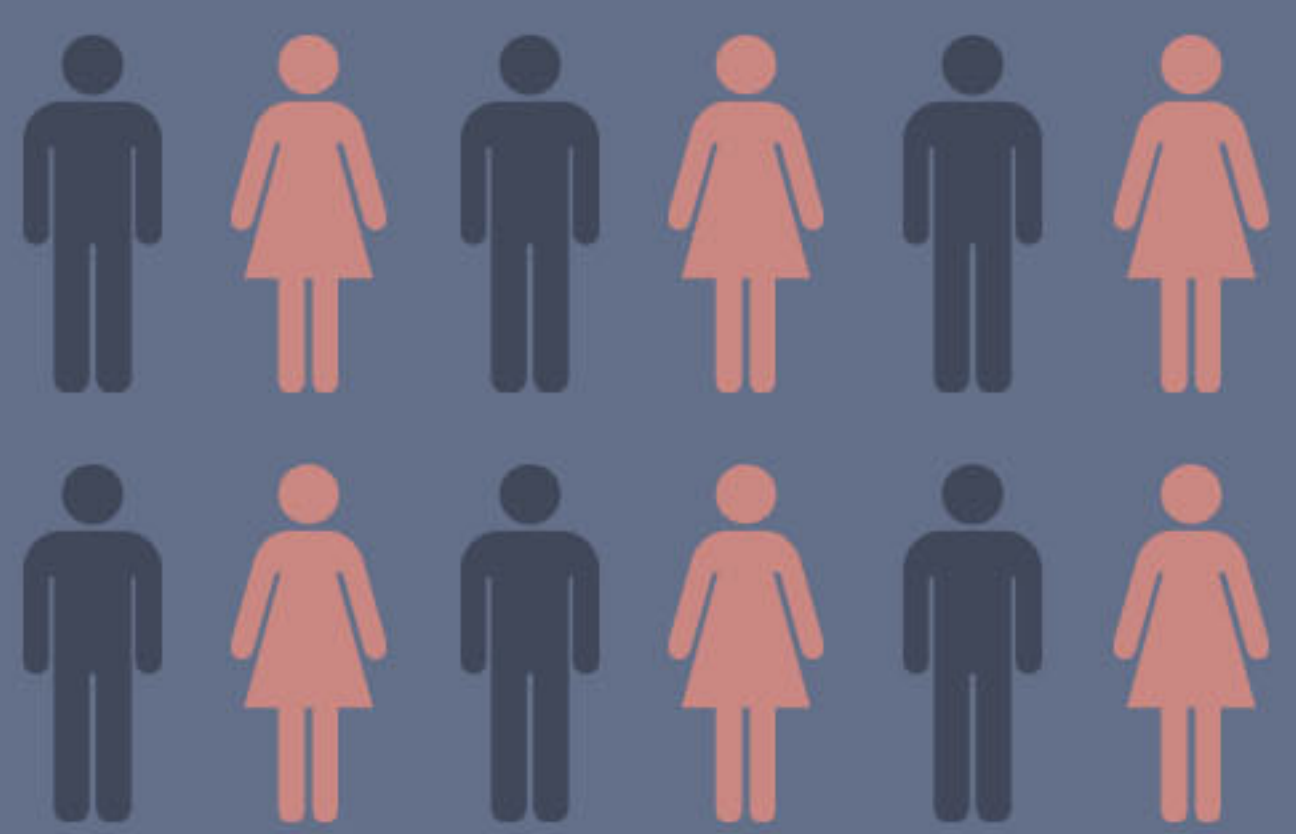
ACTIVITIES TO BOOST YOUR CIRCULATION

HEALTHY LIVING TO PREVENT VARICOSE VEINS



80%

of American adults don't get enough regular exercise



50%

of women have a venous disease



40%

of men have a venous disease



GET MOVING AND BOOST YOUR CIRCULATION WITH THESE FUN ACTIVITIES:

- DANCING
- VOLLEYBALL
- CYCLING
- JOGGING OR RUNNING
- SWIMMING
- WALKING
- WEIGHTLIFTING

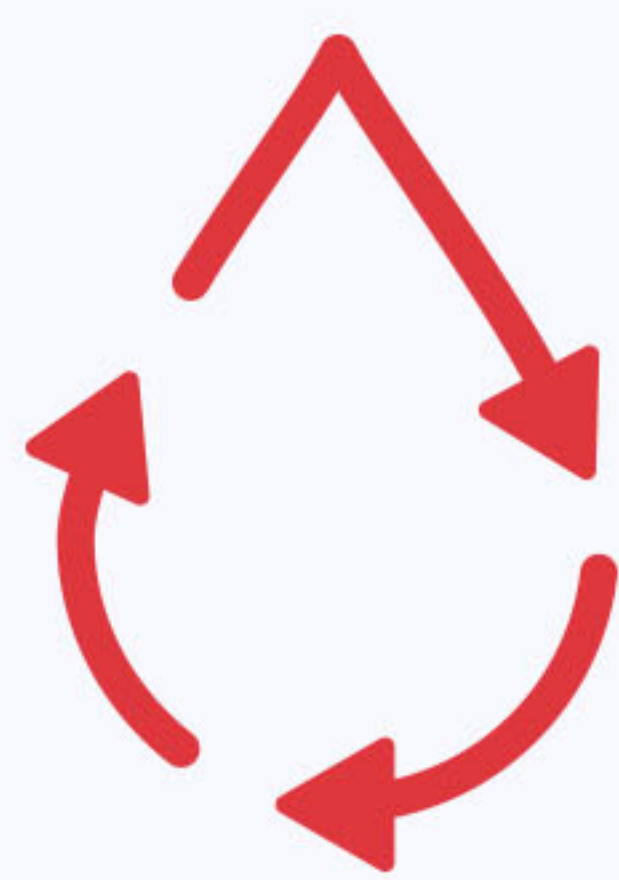


FOR A HIGH-INTENSITY WORKOUT, TRY THESE ADVANCED ACTIVITIES:

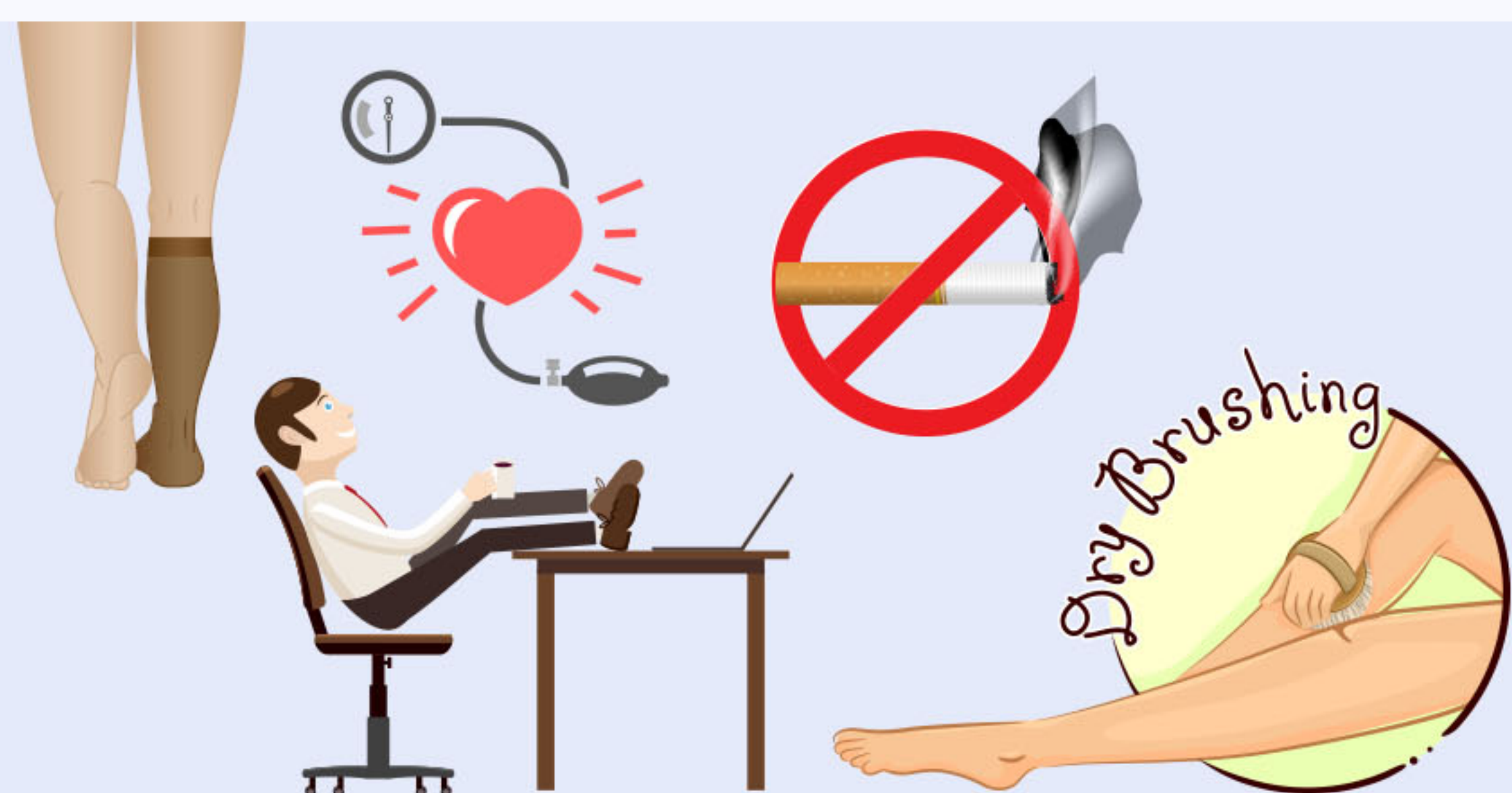
- HIKING
- INTRAMURAL SPORTS
- ROCK CLIMBING
- ROLLERBLADING



WHY IS GOOD CIRCULATION IMPORTANT?



- Circulation of the blood is one of the most important things your body does
- Blood carries oxygen to your brain, organs and tissues
- The veins return the deoxygenated blood back to the heart afterward
- Spider veins or varicose veins occur when your body is unable to circulate blood efficiently
- When poor circulation is persistent and untreated, it can lead to pain, discomfort, leg ulcers, vein disease or stroke
- You can start improving your circulation today by maintaining a healthy, active lifestyle



ADDITIONAL WAYS TO IMPROVE BLOOD CIRCULATION:

- Stop using all tobacco products
- Keep your legs elevated to encourage blood flow back to your heart
- Maintain healthy blood pressure and cholesterol
- Dry brush or massage your legs to stimulate better blood flow
- Wear compression socks or stockings during the day time hours

Dr. Rimas Gilvydis and the caring professionals at Gilvydis Vein Clinic offer state-of-the-art treatments and provide superior attention to detail to patients of both clinics in Geneva and Sycamore, IL. To learn how you can protect yourself from vein disease or to schedule a free screening, call (815) 981-4742 today.