

Put A Little Spring In Your Step

(NAPSA)—If you ever experience achy, tired or swollen legs, you're not alone. While the causes may vary, the result is the same—it can stop you from doing the things you want to do. Those who stand on their feet all day, often complain of leg discomfort. But those who spend much of their day sitting behind a desk can also face the discomfort of swollen, achy legs.

“Your body pumps blood from the heart to the extremities, including the legs. But as the fluid makes its way back up to the heart, the leg muscles, veins and valves must work against gravity,” explains registered dietician Leslie Beck. “Your body relies on the strength of leg valves and the contraction of leg muscles to help circulate blood back to the heart.”

Ms. Beck offers the following tips to help keep you moving this spring:

- Don't cross your legs. Crossing your legs applies pressure and can make it more difficult for blood to circulate from your legs to your heart.

- Exercise regularly. It is important for your health in general and also can be beneficial to your circulatory system. Always consult your doctor before beginning any exercise program.

- Change your position frequently. Don't sit or stand in the same position for long periods of time. Get up and walk around.

- If you must stay put, try exercising your legs from a sitting position. Rotate your feet at the ankles,



- turning them first clockwise and then reversing the direction. Next, extend your legs forward and point your toes toward the ceiling and then the floor. Finally, lift your feet off the floor and gently bend your legs back and forth at the knees. You should also try to not rest your entire body weight on the lower side of your thighs. Using a small footrest is better than allowing your legs to dangle.

- Take a dietary supplement that works from the inside out to help relieve achy, tired or swollen legs. Called Venastat, it works by maintaining a natural fluid balance and protects against edema and swelling. It can safely and effectively promote leg vein circulation and health. So when you sit back and put your feet up, it can be just for the fun of it.

For additional tips on maintaining healthy legs, visit www.pharmaton.com or call 1-800-451-6688.