



FOODS FOR BETTER CIRCULATION

Your kitchen can be the first stop on your journey to better blood circulation. Some of the most common foods in your pantry double as powerful circulation boosters. This quick list will get you started, and you can discover even more about beneficial foods by clicking here.

1. CAYENNE PEPPER

Peppers containing capsaicin promote blood flow by lowering blood pressure and stimulating compounds that help expand blood vessels.

2. ONIONS

Onions have anti-inflammatory properties, which can boost blood flow and heart health. They're an excellent source of antioxidants and can help widen arteries and veins.

3. CINNAMON

This delicious spice has been shown to reduce blood pressure by relaxing blood vessels, leading to better heart performance.

4. GARLIC

The sulfur compounds in garlic can increase blood flow and lower blood pressure. Diets high in garlic are associated with better blood flow efficiency.

5. CITRUS FRUITS

Oranges, lemons and grapefruits are loaded with antioxidants that can decrease inflammation and reduce blood pressure. Regular consumption of citrus fruits has been linked with decreased risk of stroke.

6. TOMATOES

Research points to tomatoes working similarly to ACE-inhibiting drugs that widen blood vessels and improve blood flow.

7. WALNUTS

Walnuts are loaded with compounds that stimulate the production of nitric oxide, which boosts circulation. This is especially important for people with diabetes who often have circulation issues and high blood pressure as a result of damage caused by uncontrolled blood sugar levels.

It's not too late to join the Cook County Employee Walking Challenge

Get started by downloading the guide that aligns with your current fitness level: either the Six-Week Beginner Walking Plan or the Four-Week Intermediate Walking Plan. Download and print this tracker to record your progress. And be sure to share your results on our Facebook page.



BlueCross BlueShield
of Illinois



Just a few of the many ways you can earn Blue Points:

- Using the "Get Fit," "Eat Right" and "Live Well" tools within your Personal Health Manager
- Reading and rating health and wellness articles
- Participating in online wellness programs
- Visiting fitness centers accessed through the Fitness Program