



## SIMPLE WAYS TO **IMPROVE** BLOOD CIRCULATION AT WORK

Take a break at work to improve your circulation and your health.

### Heel and toe raises

1. Seated with both feet on the floor in front of you, raise both heels and hold for three seconds
2. Repeat 10 or more times
3. Repeat the lifts, but this time raise the toes of both feet

*You can vary this exercise by alternating between a heel raise and a toe raise in a steady rocking motion. Or, raise the heel on one foot and the toes on the other foot at the same time*

### Ankle rotation

1. Seated with both feet on the floor, lift one foot up slightly
2. Rotate the ankle clockwise 10 times and then counterclockwise 10 times
3. Repeat with the other foot

### Calf stretch

1. Sitting down with both feet on the floor, stretch one leg out in front of you
2. Lift your toes toward you and bend your ankle
3. Hold the stretch for three seconds and lower your foot back to the floor
4. Repeat 10 times or more
5. Repeat with the other leg

*You can also try this alternating one leg after the other*

### Strap or belt stretch

*You can also get a calf stretch by manually stretching your leg using an exercise strap or any comfortable length of material like a towel or belt*

1. Sit on the floor with your legs straight out in front of you
2. Loop a strap around the middle of one foot and hold the ends
3. Keep your leg straight and then pull the strap until you feel a stretch in your calf
4. Hold the stretch for about 30 seconds
5. Repeat three times, relaxing your foot in between stretches

## Standing heel lifts

1. Hold onto a chair for balance
2. Raise your heels slowly so that you're standing on your tiptoes
3. Lower your heels slowly in a controlled movement
4. Repeat 10 times and work up to more repetitions

## Leg stands

1. Hold onto a chair for balance
2. Lift one foot so that your weight is on one leg only
3. Hold the position for 10 seconds
4. Repeat, standing on the other leg
5. Build up the holding position gradually to 30 seconds and then 60 seconds
6. Increase the difficulty if you can by holding onto the chair with one hand, then one finger, and finally without holding on at all. You can also try the leg stands with your eyes closed

## Squats

1. Stand with your feet about hip-width apart
2. Keep your core tight, lowering your body as much as is comfortable
3. Shift your weight to your heels. Your back should be flat and your behind should extend out.
4. Start out with a shallow squat and increase how far you squat down as you get stronger. Your knees shouldn't move past your toes
5. Repeat a few times, increasing the number of repetitions



**For a challenging alternative to traditional situps, try wall-sits. Check it out here.**