

## Exercise and massage



### Relieving legs with simple exercises at home

A few exercises can help you feel better after a long day, before going to bed.

- lying on your back, do pedalling movements with your legs
- massage your legs from ankles to thighs with your legs in the air to encourage venous return

### At Home



When you have to remain standing or seated for a long period of time, be sure to do these exercises and massages frequently.

Just walking can also do you good. When walking, blood is pushed up the veins towards the heart by pressing on veins in the foot arch and muscle contractions in the calves, acting like a veritable pump.