



5 Simple Ways to Improve Circulation

Healthy circulation is the cornerstone of health! The circulatory system is responsible for sending oxygen and nutrients to the blood cells throughout the body while also removing metabolic waste and, thus, making it one of the most important functions of the body.

Here are a few simple things we can do every day to improve blood circulation:

1. Take a walk!

Walking is one of the simplest, yet effective, forms of exercise to get the heart pumping and increase blood flow throughout the body. According to the Mayo Clinic, daily walks can help with maintaining a healthy weight while reducing risk of heart disease, high blood pressure and type 2 diabetes. So, go on and stretch your legs on a work break, take Fido to the park, invite

your friends on a hike, or simply enjoy a walk around the block.

2. Stay hydrated

When your body is hydrated, it helps to activate blood circulation. Be sure to get plenty of water throughout the day—if you're feeling thirsty, you may already be experiencing dehydration. You can also "eat" your water through fruits and vegetables such as: watermelon, strawberries, cucumbers and zucchini.

3. Eat fish

Treat yourself to that poke bowl or salmon filet! Fish contains omega-3 fatty acids, which have been shown to reduce cholesterol, triglycerides and lower blood pressure. The American Heart Association says fish including: salmon, lake trout, herring and albacore

tuna are high in omega-3 fatty acids and recommends incorporating fish into your diet at least twice a week. Are you a vegan or vegetarian? You can also find omega-3 fatty acids in walnuts, kale, edamame, chia seeds and flaxseeds.

4. Tap into that funny bone

You've heard the adage, "laughter is the best medicine". Well, it turns out a good belly laugh really does the body good! The Mayo Clinic recommends a good dose of laughter for increasing blood flow and reducing blood pressure, among other benefits—all the more reason to catch up on your favorite sitcoms, head to a comedy show and spend some time with your funniest friends.

5. Increase your iron intake

Iron plays an important role in blood circulation by transporting oxygen from the lungs to the rest of the body. It also helps the body convert food into energy and keeps your healthy immune system healthy. Depending on the type of food you eat, the body absorbs iron at different rates, so be sure to add a balance of iron-rich foods into your diet, such as spinach, sweet potatoes, chicken, beef and beans.

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