



## 5 Indoor Exercises That Boost Circulation

How much do you know about circulation? If you're an athlete, you probably know the importance of warming up prior to your workout and stretching (or rolling) out afterward. But to get the most out of your body and stay healthy — athlete or not — it's important to pay attention to your circulation.

Poor circulation can manifest in many different ways. If you notice swelling, brittle hair and nails, cold hands and feet, and even dark circles under your eyes, these can all be signs that your body isn't working as efficiently as it should be.

The good news? You can improve your circulation in a number of ways. And the easiest way to do it is to get moving! Whether you're taking a daily walk or completing a more intense workout routine, exercise is an important key to staying healthy and keeping your circulatory system in check.

If you're struggling to stay active as the days get shorter, however, know that you're not alone. To help you stay motivated, we've put together a routine of beginner-friendly exercises and stretches you can easily do indoors, at any time. Let's get started!

### What You'll Need:

A yoga mat  
A wall  
Bonus: BEMER Pro-Set GO

### 1. Legs Up the Wall

This first one is fantastic for helping with blood flow in your legs, stretching your hamstrings, and relieving lower back tension. By elevating your legs, gravity works with you to boost circulation as your heart pumps. It's particularly helpful for counteracting long

periods of sitting, like if you're working at a computer or you're traveling.

To do this stretch, place a mat perpendicular to a wall and position yourself so that your legs rest up and against the wall. You'll look like you're in an "L" position. Hold for 5 to 15 minutes, taking deep breaths throughout and staying as straight as you can. For a deeper stretch, try opening your legs wide into a "V" shape.

## 2. Calf Raises

Calf raises are low-impact and can help strengthen your leg muscles, improve your stability and balance, and of course boost your circulation. They're also easy to incorporate into your daily routine — try doing them while you brush your teeth or cook dinner!

To do them properly, stand up straight and push into the balls of your feet, raising your heel so that you're standing on your toes. Lower your heels back down and repeat 10 times.

## 3. Calf Rocking

After completing your calf raises, moving into calf rocks is an easy transition and helps to balance your muscles out. To do them, stay standing and simply rock back and forth between your heels and your toes. Gently moving your arms (outstretched when you're on your heels, straight down and slightly behind your body when you're on your toes) will help you stay balanced during this exercise.

## 4. Standing Knee Raises

Yet another easy exercise for improving your circulation is the standing knee raise. This one also works your abs, hips, back, and shoulders. To try it, stand with your feet shoulder-width apart. Lift your right knee up while tucking your pelvis in. Gently lower your knee to go back to the starting position, and then repeat with the left knee. Keep alternating until you've done 10 knee raises on each side.

If you're having trouble balancing, try raising your arms at the same time or holding onto the back of a chair to stabilize yourself.

## 5. Pelvic Lift

For your final exercise, lay back down on your mat for some pelvic lifts. These are great for your abs, glutes, and lower back, providing a nice gentle stretch that strengthens your muscles and can relieve minor back pain.

Bend your knees so that your feet are flat on the floor, and then push down into your feet to lift your lower back. Stay in this position for a few breaths, then return to neutral. Repeat for 5 to 10 reps.

## Other Ways to Boost Circulation

Incorporating the low-impact exercises and stretches above into your daily routine is a wonderful way to stay active, while still giving your body some time to rest and recover.

For even more relief, BEMER is here for you. With BEMER's PEMF devices, you can maximize your health and well-being during your recovery periods, thanks to targeted PEMF technology.

Our new, revolutionary Pro-Set GO is designed to stimulate healthy muscles, facilitate muscle performance, and temporarily improve local circulation in healthy leg muscles in just two 8-minute sessions per day. The portable unit fits snugly into a backpack for easy traveling, and provides targeted stimulation wherever you need it, including legs, arms, shoulders, and back. Want to learn more? View more information on the science behind BEMER, or find an official BEMER distributor near you today.

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