

CIRCULATION TIPS

DO:

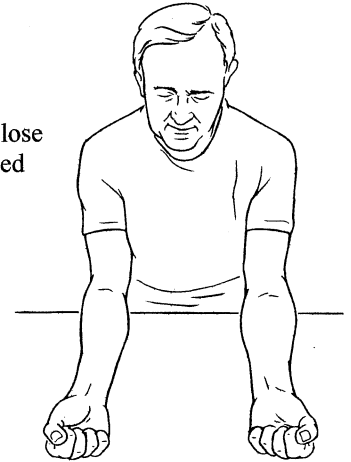
- change positions frequently
- take showers and baths to enhance circulation
- massage extremities with lotion after bathing
- eat well and regularly
- walk for at least _____ minutes each day

DON'T:

- stand, sit or lie for prolonged periods of time
- wear tight clothing on legs, hands and feet
- drink alcohol to stimulate circulation

CIRCULATION - 1 Hand Warmer: Make Fists

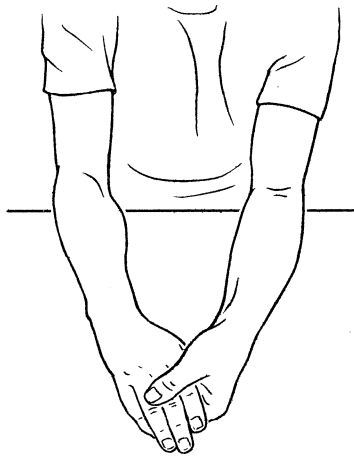
Gently yet firmly open and close fists. Close thumbs over curled fingers.



Repeat _____ times.
Do _____ sessions per day.

CIRCULATION - 2 Hand Warmer: Massage Fingers

Place one hand in other. Vigorously but gently massage each finger in a downward motion, building friction and moving blood flow toward fingertips.



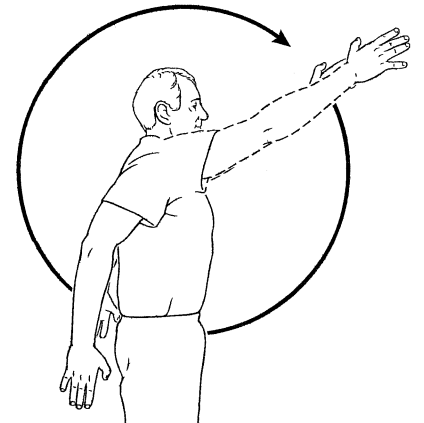
Repeat with other hand.

Repeat _____ times.
Do _____ sessions per day.

CIRCULATION - 3 Hand Warmer: Swing Arms

Slowly swing arms, making big circles in a forward motion _____ times.

Then increase pace for another _____ circles.



Repeat _____ times.
Do _____ sessions per day.

CIRCULATION - 14 Windmill

Inhale while sweeping arms up, raising rib cage and extending spine. Exhale while returning. Keep motion continuous for _____ sweeps up and down.

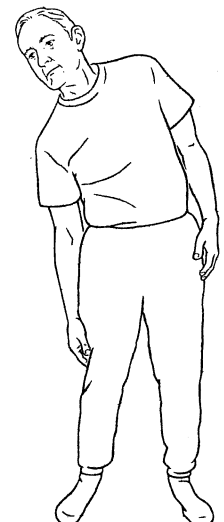


Repeat _____ times.
Do _____ sessions per day.

CIRCULATION - 9 Side Bend

Stand or sit with feet shoulder width apart, knees soft, or sit in chair with feet firmly on floor. Slide arm down side of body.

Repeat to other side.



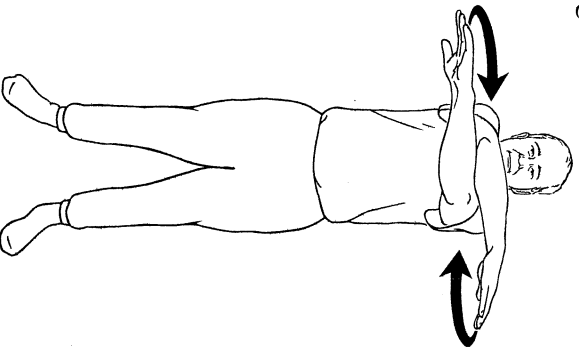
Repeat _____ times.
Do _____ sessions per day.

CIRCULATION - 10 Flagging Arms

Stand or sit and cross arms over and under in a scissors motion at face level for count of _____.

Repeat count of _____ at waist level.

Repeat _____ times.
Do _____ sessions per day.

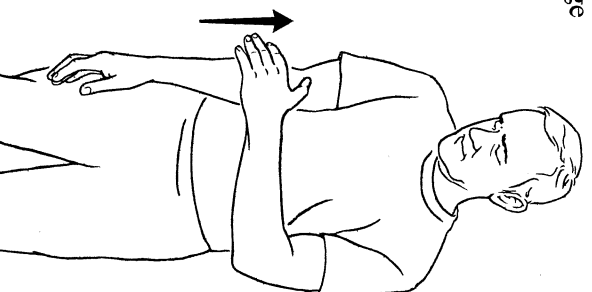


CIRCULATION - 11 Arm Massage

Gently yet firmly, rub arm in upward sweep, bringing heat to arm and hand. Relax on downward motion.

Repeat with other arm.

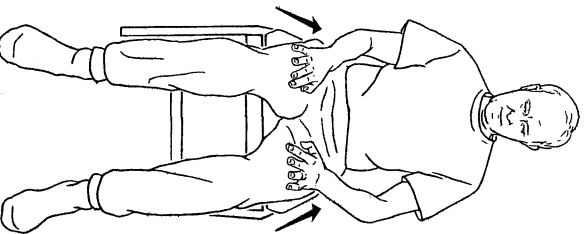
Repeat _____ times.
Do _____ sessions per day.



CIRCULATION - 12 Leg Massage

Gently yet firmly, rub legs in upward sweep from knee to top of thigh. Relax on downward motion.

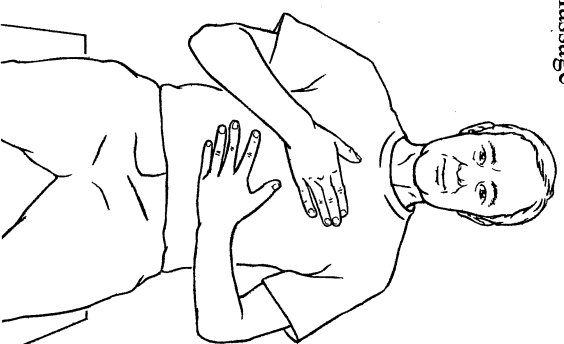
Repeat _____ times.
Do _____ sessions per day.



CIRCULATION - 13 Chest Massage

Gently yet firmly, rub chest and upper torso. Use medium circular motions to cover a reasonable surface area.

Rub _____ seconds.
Do _____ sessions per day.

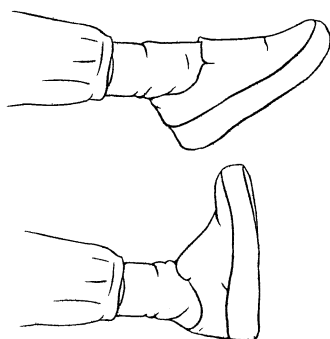


CIRCULATION - 15 Point and Flex

In a sitting position, extend one leg. Point and flex foot _____ times each direction.

Change to other leg and repeat.

Repeat _____ times.
Do _____ sessions per day.



CIRCULATION - 4 Ankle Warmer: Move Toes

Sitting with feet in socks or bare, wiggle toes while counting out loud to _____.

Now curl toes, then spread them wide _____ times.

Repeat _____ times.
Do _____ sessions per day.



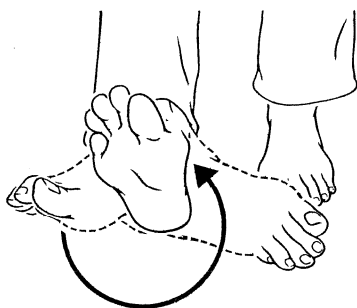
CIRCULATION - 5 Ankle Warmer: Circle Feet

Sitting with feet in socks or bare, circle one foot clockwise then counterclockwise.

Circle _____ times each direction.

Repeat with other foot.

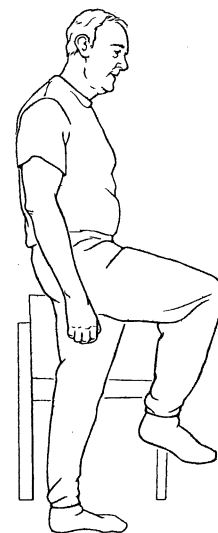
Repeat _____ times.
Do _____ sessions per day.



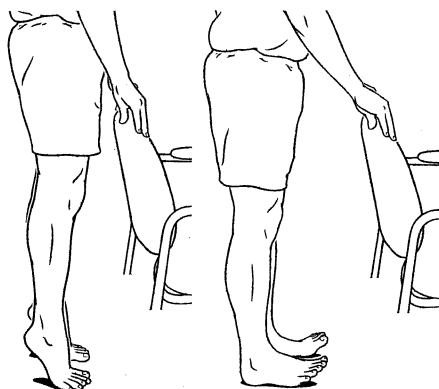
CIRCULATION - 6 Knee High

Holding stable object, raise knee to hip level, then lower knee. Repeat with other knee.

Repeat _____ times.
Do _____ sessions per day.



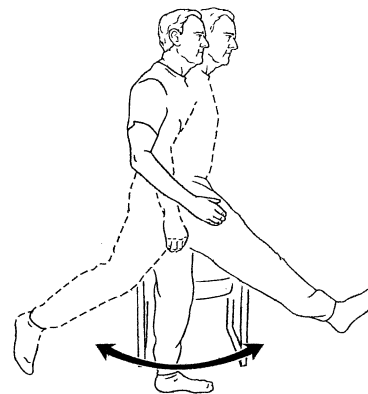
CIRCULATION - 16 Balancing Act



In a standing position, go up on toes and down. Then back on heels. For balance, use support or put arms out in front.

Repeat _____ times. Do _____ sessions per day.

CIRCULATION - 7 Leg Swing



Using support, swing leg forward and backward _____ times each direction. Repeat with other leg.

Repeat _____ times. Do _____ sessions per day.