

Wellness for the veins

Our veins convey blood from the tissues of the body back to the heart. This is why it's important to make sure your veins stay healthy. We now give you some tips on how to do this.

The golden rule: Movement and muscles

Movement is the basis for healthy veins as a good set of muscles will help them to work. You should therefore incorporate as much movement as possible in your daily routine, e.g. by going for a walk at lunchtime or after work, changing position often when sitting down, going to see a colleague in person instead of calling them or taking the stairs not the lift.

Remember to keep moving when working from home

When working from home there is a risk of not moving about as much as in the workplace. This means it's particularly important to remain active when at home. Encourage this by taking regular exercise and ensuring your home office set-up is as ergonomic as possible.

Lighten the load by putting your feet up and massaging your legs

Putting your feet up for a few minutes can give your body a break after you've been standing up or sitting down for a long time. This helps the blood from your legs to circulate back to the heart, so relieving your veins. Briefly massaging your legs from time to time will also do them good.

Exercises for strong veins

The following brief exercises for example will help your veins to stay healthy: Rocking the feet (alternately lifting the heels and tips of your toes), moving the tips of the toes (heel on the ground and lifting the tips of your toes) and rolling the feet (alternately circling your feet clockwise and anticlockwise).

