



For healthy legs and feet

# WHY GOOD CIRCULATION IS IMPORTANT FOR GOOD LIVING

WE ALL WANT TO BE HEALTHIER, HAPPIER, AND ENJOYING THE ACTIVITIES WE LOVE. GOOD CIRCULATION CAN BE THE FOUNDATION FOR A MORE HEALTHY AND ACTIVE LIFESTYLE.



Our circulatory system does a very important job, carrying oxygen and essential nutrients to cells all around the body.

A crucial part of the circulatory system is found in the legs. Here, the calf muscles act

as a kind of “pump”, helping send blood back up through the body toward the heart. If the calf muscles are not kept in good condition and do not receive sufficient exercise, they begin to lose their ability to effectively pump blood. Pooling blood in the legs can cause pain, swelling, and discomfort, leading to more serious conditions and loss of mobility if left untreated.

**So, taking steps to keep our legs and feet healthy can help us toward living the life we want.**

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## WHAT CAUSES POOR CIRCULATION?

**POOR AND REDUCED CIRCULATION CAN OCCUR FOR A VARIETY OF REASONS. SOME OF THE MOST COMMON INCLUDE:**

### OLD AGE

As we get older, our circulation naturally decreases.

### SEDENTARY LIFESTYLE

A person who has a non active lifestyle who spends a lot of time sitting down or not being particularly mobile is at risk of developing poor circulation. This can sometimes escalate to more serious problems such as an increase in blood pressure and high cholesterol.

### DIABETES

Uncontrolled diabetes can lead to high blood glucose levels which damages the nerves and blood vessels in the legs and feet. This can lead to numbness and poor circulation which can then in turn, increase the likelihood of leg ulcers and venous foot ulcers.

### OBESITY/BEING OVERWEIGHT

Carrying extra weight can put more pressure on the blood vessels in our legs causing damage to them which means that the blood circulation to the legs is impeded.

### SMOKING

Causes severe disease in the arteries. These arteries can become partially or completely blocked, sometimes stopping circulation completely.

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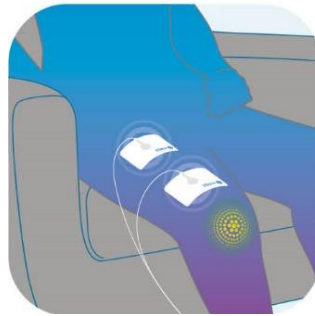
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**FLOW** IS THE MEDICAL DEVICE SPECIFICALLY DESIGNED TO IMPROVE CIRCULATION IN THE LEGS AND FEET, RELIEVE FEELINGS OF PAIN AND HEAVINESS, AND PROMOTE LEG HEALTH AND MUSCLE STRENGTH AND STABILITY.

**FLOW** sends stimulating electrical pulses (NMES) through its footpads into the feet and lower legs. At the right intensity, this stimulation can cause the muscles to spontaneously contract, activating the “blood pump” function of the calves.



Improve blood flow in the feet and lower legs



Relieve pain associated with arthritis of the knee



Relieve other painful areas with Tens therapy

**Flow also comes with 2 TENS pads at no extra charge!**

## PRODUCT FEATURES



Dedicated foot cover fits perfectly to the device to keep bare feet warm and cozy during use.



Magnetic remote cradle provides easy storage and automatically charges remote.



Large, light-up screen in the remote puts everything in the palm of your hand.



Take Flow anywhere using cordless mode OR power directly via mains supply.



Retractable legs alter the angle of the device, allowing use while seated or reclining.



Premium rechargeable battery offers exceptional performance with up to 36hours cordless usage.



Unique magnetic-connection power cable. Eliminates broken plastic connection parts and trip hazards.

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