The Aging Foot & Circulation Changes Transcript

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Why Microcirculation Matters

Circulation changes to the feet and to your hands is a concern with age. This is referred to as microcirculating. And in our hands and our feet, we have these itty bitty blood vessels that supply the skin, nerves, fascia, and muscles.

As we age, it becomes a little bit harder to optimize circulation to those small vessels.

Using Vibration to Boost Circulation

I'm going to share with you three of my favorite ways to increase micro circulation. The first way is using vibration. Using a whole body vibration platform for just 10 minutes a day has been demonstrated to increase microcirculation to the skin and muscles of the feet.

Textured Socks for Foot Microcirculation

A second great way to increase circulation to your feet is using texture. This is a textured sock by Naboso, and the texture on the inside of the sock has been demonstrated to increased microcirculation to the small muscles of your foot.

A third and final way of increasing micro circulation is movement.

Movement and the Benefits of 50 Steps

Just 50 steps can increase your circulation. Now remember, circulation is not just about keeping your feet warm. It is how you recover, you heal wounds, and you optimize muscle and nerve health.