



## Combat foot and leg fatigue with these tips

### Posture

According to the Harvard Medical School and other experts, a good standing posture entails the following:

- Chin should be parallel to the floor
- Shoulders should be even
- Spine should be neutral and straight, with no flexing or arching
- Abdominal muscles should be braced
- Hips should be even
- Body weight should be evenly distributed between two feet



### Proper footwear

As a rule of thumb, you should search for a pair that has leather insoles, sturdy construction, snug fit and rounded toes. But what fits best for one person may not be right for another — so choose a pair that can fulfill the unique needs of your feet. If you have a foot condition or can't find the right pair, consult a podiatrist. Some people need a custom insole.

### Change positions

Since standing or sitting for long periods of time aren't good for your legs, you should change positions frequently. For example, you can set a timer and switch between standing and sitting. When you need to change your leg positions, stand on your feet, then lift one of them and place it on a footrest. Then do the same with the other foot. You can add different positions once you have mastered this one.

### Try an anti-fatigue mat

When you stand on the floor for long periods of time, you are at risk of developing different health conditions, such as varicose veins, circulatory problems, swelling, and foot and back pain. A cushioned anti-fatigue mat feels good and it helps your muscles and tendons. It helps you contract the muscles in the shins and calves to improve blood and oxygen flow in your body.

### Stretch and move

After standing for a long time, you can suffer a sore back, neck and shoulders. You can reduce these symptoms by stretching several times a day. Take short walks during the day to improve blood flow and stretch your legs.

### Elevate your legs

Elevating the legs makes it easier for the heart to pump blood to them and can reduce swelling and discomfort.

### Warm bath

Soaking in a warm bath can help you relax while taking pressure off your legs and boosting circulation.

Sources: [flexispot.com](https://www.flexispot.com)\*, [healthline.com](https://www.healthline.com)\* \*Blue Cross and BCN don't own or control this website.