

MOVEMENT MATTERS IF YOU ARE PREGNANT



The Airogym™ is a pocket-sized inflatable exercise cushion that is designed to increase blood flow through the lower leg and endorsed by world-leading consultant vascular surgeon John Scurr who is an expert on DVT.



Using the Airogym™ exerciser during pregnancy is a simple and comfortable way to boost blood flow in the lower legs and may help to relieve swollen ankles when normal exercise is a problem.

Good blood circulation matters when you are pregnant as it increases your risk of developing a blood clot or deep vein thrombosis (DVT) while pregnant or within around six months of the birth. This is partly due to the fact that pregnancy makes your blood clot more easily, the body's way of preventing too much blood loss during childbirth. In addition, in the final trimester of pregnancy, taking normal exercise also gets harder; not only is there more of you to move around but it also takes more effort and you tire more easily. And because you are moving less you can develop swollen legs and ankles which can be both painful and place a further restriction on your mobility.

You may find exercising during pregnancy a chore, but if possible, avoid long periods of immobility, such as sitting in a chair for many hours. If you are



able to, get up and walk around now and then. If walking is difficult, Airogym™ is the perfect solution to help you effectively exercise whilst seated in comfort.

Why choose Airogym™?

- Endorsed by medical experts, Airogym™ is an inflatable exerciser that provides a resistance-based exercise to help encourage blood flow in your lower legs
- A safe and gentle way to exercise during pregnancy
- Exercising with Airogym™ increases blood flow which can also help to relieve painful swollen ankles and legs
- Airogym™ is flexible and can be used in a number of ways to exercise, which may in turn relieve aches and pains during pregnancy, for example lying down and pushing against a wall at the end of the bed

"I had a slight DVT with pregnancy. Applaud your innovation, been using it watching TV!"

CONTACT

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