



Movement for life

Airogym™ is a portable, inflatable exerciser that provides a resistance-based exercise to help encourage blood flow in the lower legs.

Airogym™ is endorsed by John Scurr, world-leading consultant vascular surgeon, with a specific interest in deep vein thrombosis.

Invented by an ex long-haul airline captain, it is the winner of a *Sunday Telegraph* Best Tested Product with a 5 star rating.

Airogym™ is ideal for anyone who is immobile for long periods of time. It provides a great alternative to help boost lower leg blood flow and stay active as well as helping to reduce swollen ankles and joints.

“I am 96 years old and have been very limited with my walking and exercise for a few years. My daughter bought an Airogym™ for me four months ago and I had to write and let you know how this product has changed my life. I use the Airogym™ every day and my improvement has been miraculous.”

To Buy Airogym™

Telephone: 01488 73848

Order online: www.airogym.com

Order by post: Airogym™, Membury Logistics Centre, Unit 3 Ramsbury Road, Berkshire RG17 7TJ

Cheques payable to Walker 37

£11.99 per item + £2.50 P&P for up to 3



Good blood circulation matters



Good blood circulation matters, whether you are young or old, fit or unfit. This is because if you are immobile for long periods of time – for example, whilst travelling, working at a desk or recovering from injury – normal blood flow decreases and your blood tends to thicken. This can put you at risk of developing a blood clot or deep vein thrombosis (DVT) which can form in the lower leg and can become life-threatening if the clot embolises (breaks away) and reaches the lungs.

The Airogym™

Airogym™ is a pocket-sized inflatable exercise cushion that is designed to increase blood flow through the veins in the leg. Originally invented by a former senior long-haul airline captain, concerned about the development of DVTs as a result of plane journeys of 4+ hours, the Airogym™ is designed to help boost lower leg blood flow by providing a resistance-based exercise to perform whilst seated. It is endorsed by world-leading consultant vascular surgeon John Scurr and it has previously won a *Sunday Telegraph* Best Tested Product Award with a 5 star rating.

The science behind Airogym™

The resistance-based exercise which Airogym™ delivers is the key to its effect on blood flow through the deep veins in the leg. Using alternate feet, air is pushed from one chamber of the Airogym™ to the other. By pressing down on the footpad, veins in the foot are compressed, squeezing blood into the main veins in the calf. The pressure involved in squeezing the foot causes contraction of the calf muscle, promoting the flow of blood through the main veins of the lower leg. The more inflated the Airogym™, the more pressure needed to move the air and the harder the workout. These active exercises are responsible for pumping fluid from the legs and may also reduce or prevent ankle swelling.

When to use the Airogym™?

- **Travel:** Along with a number of other factors, any journey that is longer than four hours where a traveller is relatively immobile may produce a risk of DVT.
- **Elderly/Immobile:** Airogym™ may also be helpful for anyone who is unable to exercise as much as they used to or would like.
- **Pregnancy:** As well as helping to boost blood flow, the use of an Airogym™ during pregnancy may help to relieve painful swollen ankles and legs.
- **Deskbound:** When you sit behind a desk without exercising for long periods of time you may be at risk of e-thrombosis.
- **Physiotherapy/Post-Operative Care:** Airogym™ can be used in a whole range of scenarios by physiotherapists.



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

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