



Athletes & Circulation:

Why It's Important and 6 Tips to Improve Circulation

As an athlete, you know the importance of eating well, getting enough sleep, and a regular cycle of training and recovery. But have you ever stopped to think about what's really going on inside your body during and in between those rigorous training sessions?

In this article, we'll explore your amazing body at work as it circulates blood, oxygen, and nutrients each day—as well as why this cycle of circulation is so important for athletes, in particular.

How Circulation Affects Your Health

Your body is a well-designed machine. As you work, play, and even sleep, your cardiovascular system is working hard to supply nutrients and oxygen to the 50 trillion cells throughout your body. Your cells in turn flush out carbon dioxide and waste products through your veins and lymphatics.

Your heart plays an integral role here, acting like a pump. And the better that pump works, the better you'll feel.

Among other things, strong circulation is linked to improved metabolism, better immune system response, a more stabilized body temperature, and enhanced mental performance.

Poor circulation, on the other hand, can lead to a whole host of symptoms—including fatigue, tingling & numbness, muscle cramps, and dizziness.

How Circulation Affects Your Muscles

If you're an athlete, first take a moment to pat yourself on the back: the circulatory system was built around an active lifestyle, so you're already one step ahead. But maintaining that blood flow is even more important for you.

Here's why: as you exercise, your body requires more energy, which you get by way of oxygen. To help with this, your heart rate increases, as does your breathing overall. Your body knows what to do here, but at some point it'll begin to slow down, which is when it starts to create lactic acid. Good blood flow and circulation will help keep those pesky muscle cramps at bay.

Fast forward to post-workout, and you're probably feeling pretty exhausted. At this point, your body is in oxygen debt. Although it's not distributing oxygen in such large quantities anymore, you'll need to make sure your body continues to work efficiently during this recovery period.

With the right habits and lifestyle choices, you may start to see improved endurance, enhanced muscle performance, and faster recovery time.

Improving Your Circulation

If you really want to optimize your performance and accelerate recovery, taking steps to improve your circulation can help. Here are some ideas to try:

1. **Roll out.** Using a foam roller after exercise helps to release tension in your muscles and fascia, as well as increase circulation to your soft tissues.
2. **Get a sports massage.** Targeted pressure not only feels good, the friction stimulates your muscles as well as your blood and lymphatic circulation.
3. **Focus on circulation-boosting nutrition.** Foods with omega-3s (think avocados and fatty fish), iron-rich spinach and sweet potatoes, nuts, and citrus fruits are all fantastic choices.
4. **Drink more water.** Dehydration can cause a decrease in blood circulation, so keep up that H2O intake!
5. **Commit to cardiovascular exercise.** Move it or lose it—regular aerobic exercise and endurance training is a big key to helping your body work efficiently.

Boost blood flow with PEMF Therapy. Pulsed Electromagnetic Field (PEMF) therapy is designed to stimulate healthy muscles, temporarily increasing your local blood circulation thanks to specific wave-forms and frequencies.

Learn How BEMER Can Help

With BEMER's PEMF devices, you can maximize your health and well-being during your recovery periods, thanks to targeted PEMF technology.

Our new, revolutionary **Pro-Set GO** has helped athletes of all types take their competitive edge to new heights. The portable unit fits snugly into a backpack for easy traveling, and provides targeted stimulation wherever you need it, including legs, arms, shoulders, and back. An 8-minute session twice a day is all you need to improve your local circulation, resulting in enhanced muscle conditioning and improved performance and endurance.*

Want to learn more about how BEMER can help you optimize your athletic performance and endurance? Read more about how we've helped athletes get back onto the field, court, and trail faster, and find a BEMER distributor near you.

*BEMER does not provide any medical advice or services. This device is not intended to diagnose, treat, cure or prevent any disease. It should not be used for any purpose other than as described in the user manual. Please consult your own healthcare provider if you have any medical issues.

