

# Healthful Advice

## Circulation

When asked about a new product in our store, VIM & VIGR. I decided to promote this wonderful, product so that folks will know that they are available here at The Outpost. VIM & VIGR are Compression Legwear. They are colorful designer compression socks that work to Energize your legs, Prevent swelling, Alleviate achiness and Heaviness, Slow the progression of spider and varicose veins and Aid in muscle recovery. Did you know that when you sit for 90 minutes or longer you can cause blood flow to decrease by 50%? Standing on your feet puts a 20% greater strain on the entire circulatory system as well as the legs and feet. This doesn't include the stress of pregnancy, exercising or travel. These Great designer leggings are a must for anyone who spends many hours on their feet or sitting at one time! So, stop in today to check out our new display of VIM & VIGR Socks.



On the Corner of  
6th & Getty, Sauk Centre  
320-351-7678