



## happylegs® the seated walking machine

Happylegs is the only motorised passive workout solution that improves your blood circulation while seated at home or at work. Its gentle movement, using the same principles as walking, relieves and prevents all types of health problems resulting from the lack of mobility and a sedentary lifestyle in a healthy and simple effortless way without any adverse effects on your health.

Sit down and walk with Happylegs.

## Discover what happylegs can do for your health.

A very important sector of Happylegs users are people with mobility problems. Using Happylegs for three hours has the same results as walking for an hour, obtaining the following health improvements:

- Disappearance of swelling in legs and ankles.
- Increased muscle oxygenation throughout the body, especially in Alzheimer patients.
- Less joint pain, especially in diabetics.

"Fundación ZonasCardio states that the Happylegs system is a very healthy way of exercising the legs, recirculating blood from the legs to the heart, thus bringing about clear benefits to the body".

Javier Muñozerro González.  
President of Fundación ZonasCardio.



## Exercise your legs, exercise your heart.

Senior citizens are a sector of the population that has improved their life expectancy, but many of them suffer circulatory diseases. After a three weeks of using Happylegs, our users have experienced the following results:

- Reactivation of blood circulation throughout the body.
- Prevention and reduction of chronic venous disease.
- Improvements in cardiovascular health, especially in people with pacemakers.

"I have been recommending Happylegs to my patients for years, especially those over 65, because at that age it is not advisable to cycle owing to knee problems and the treadmill which, besides being very expensive, take up too much room."

Dr. Jorge Ulloa. Cardiologist.



## Prevention as a synonym of curing.

Increasingly, more and more professionals are required to sit or stand during the entire working day. Happylegs offers the major advantage of being an increasingly useful tool for the prevention of occupational risks:



- Ergonomic: Improves posture in the workplace, eliminating the symptoms of postural fatigue.
- Disappearance of back joint discomfort and heaviness in the legs.
- Continued use prevents the development of varicose veins.

"I recommend the system Happylegs because exercise the extremities and stimulate circulation, thus leading to a reduction in cardiovascular diseases".

Javier Muñozerro González.  
President of Fundación ZonasCardio



## Stimulate your circulation naturally.

Movement assisted by Happylegs visibly improves the appearance of your legs, giving them a better appearance. As it is a passive workout system, your legs are exercised, without any effort:

- Improved muscle oxygenation throughout the body.
- Strengthens and tones muscles in your legs.
- Its gentle movement, as it has a cleansing effect on the body, is an effective ally against cellulite.

"Happylegs, with a mechanism that directly applies pressure to the sole sponge Lejars, thereby increasing the flow of the venous system feet. The effect is a passive exercise which forces the feet to carry out a constant exercise of extensions and contractions."

Dr. M. A. Santos Gastón.  
Vascular Surgeon-Phlebologist.

