# happylegs the seated walking machine













Discover what happylegs can do for your

health

### To improve your quality of life is easy

The powered exerciser Happylegs improve and relieves all types of health problems of all people who are sitting or standing during hours and with reduced mobility. Recommended as a treatment against diabetes and overweight, the continual health benefits are confirmed by specialists in vascular health.

Its patented system movement with 3 speeds reactivates the blood stream naturally and facilitating physical, effortless way and without adverse effects.

Sit down and walk with Happylegs.

#### **Increase your mobility**

People with reduced mobility or chronic illness use Happylegs every day to exercise their legs, with the following benefits:

- Disappearance of bruises or wounds on the legs.
- considerable improvement in restless legs syndrome and chronic fatigue.
- Greater autonomy in users with cognitive disorders.

«Patients with reduced mobility report that the more time they spend using Happylegs, the better they feel.»

Dr. Javier Tisaire Sanchez, Zaragoza, 1 April 2015.

Coordinator of the FunSalud Clinical Research Department.



### **Get active** with Happylegs

Recommended as a treatment for sedentary lifestyles, its movement massages your legs, stimulating the circulation naturally and facilitating physical exercise. It has three speeds and additional accessories, depending on the user's individual needs.

- Strengthens your legs effortlessly.
- **!** Eliminates swelling in legs and ankles.
- Reinforces the cardiac function, even in people with pacemakers.

«The Happylegs assisted movement forces the foot to perform a flexion-extension exercise, which improves circulation in the whole body.»

Dr. Miguel Angel Santos Gastón, Phlebologist, Vascular Surgeon and President of the Sprev Foundation.



A sedentary lifestyle is one of the most widespread cardiovascular health risks, overweight or chronical diseases. Happylegs is an effective treatment for diabetes and excess weight and it helps to decrease the sugar's levels in blood in users with diabetes.

«My mother has diabetes mellitus and reduced mobility. Thank you Happylegs, she has strengthened the legs, several ulcers have cured and it has prevented the emergence of new ones.»

Mari Carmen Blasco. Elderly Caretaker.





### Look after your health while you work

More and more professionals are deciding to look after their health using Happylegs while they work:

- Improved ergonomics, helping you to maintain good posture while seated.
- Disappearance of back and lumbar pain caused by a static posture.
- Continuous movement prevents tired legs and pins and needles.
- Helps prevent vascular diseases such as varicose veins and thrombosis.









## Certified by health specialists



Afters years of research, the continual vascular health benefits that our users experience by using Happylegs have been confirmed by several medical reports by specialists in vascular health.

#### DR. M.A. SANTOS GASTON: PHLEBOLOGIST

«The proper functioning of the return circulation is fundamental for blood to reach the heart. The break down of this return system produces oedemas in the lower limbs, leading to conditions for chronic venous insufficiency.

I consider that happylegs will be of great benefit to all those people who lead a sedentary lifestyle, who suffer from chronic venous insufficiency or varicose veins, who suffer from classic venous aliments, and finally, those who have insufficient calf venous pumping, which is often the cause of thrombosis».

Madrid, 16 September 2004. Study carried out by Dr. M. A. Santos Gastón, Vascular Surgeon-Phlebologist. President of EspreV (Foundation for the Study and Prevention of Venous Diseases).

#### DR. JORGE ULLOA: CARDIOLOGY

«Most of my patients become sedentary, and many of them do not go out for walks, not to mention that at this age they have problems related to being overweight, their hips, knees, ankles, tendonitis, dizziness or Parkinson's disease, which makes it difficult to walk. Housewives after their housework, spend their afternoon seated with the resulting edema due to poor blood circulation and weight gain.

Happylegs is an excellent tool to activate the venous, blood circulation and forcing the heart to pump more blood with the increase of circulation, thus we are preventing arteriosclerosis with a successful diet plan, glucose, tension, as well as a complete analytical controls. Goodbye to inactivity and all its side effects as the overweight, hypertension and hyperglycemia».

Cardiólogo Dr. D. Jorge Ulloa Iparraguirre. En Granada, a 22 de marzo de 2013.



#### Made by AUTOERGON 2002, S. L.

C/ Lentisco, 11 - Polígono Empresarium - 50720 La Cartuja Baja - Zaragoza - SPAIN www.happylegs.es info@happylegs.es Tel: (+34) 976 390 800