

Exercise & Cellulite

By American Council of Exercise

What is Cellulite? Cellulite is simply fat. The defining characteristic is a dimpled, cottage-cheese, orange –peel look. Women have connective tissue that separates fat cells into compartments that have a honeycomb appearance which gives fat a greater chance to bulge or protrude. Cellulite generally strikes women in their 30's because as you age the skin gets thinner and the rippled appearance becomes more prominent.

Although cellulite has a genetic component, **exercise** is a crucial factor in decreasing the likelihood of developing cellulite and most of all increased activity will help prevent the dreaded cottage cheese appearance.

Beware of the quick fix! Creams, liposuction, and body wraps do not work.

*creams cannot penetrate the skin and rearrange the fat cells beneath it

*liposuction is designed to remove excess fat deposits but it will not change the appearance of the fat

*wraps are only temporary and the smooth appearance will go away within a day or two

The Cellulite Solution! Experts recommend daily cardiovascular exercise mixed with three strength training sessions a week plus a healthy diet. This combination has **proven** to diminish the appearance of cellulite. The most successful results occur in women who are consistent over years. To ensure that you have the smoothest appearance possible women should start exercising in adolescence.

How to get started!

*Find **cardiovascular** exercise that you enjoy doing. You do not have to hate exercise. Some people enjoy being able to step outside their house and run or hop on their bicycle while others enjoy working out in group classes like kickboxing, zumba, hip hop, and of course pole dancing!

*Do a **strength training** program that will incorporate all your muscle groups and make sure you are being challenged. Group strength training classes

(Fit Chicks and group Personal Training) help by hitting the muscles effectively and preventing plates by changing the workout frequently.

*Eat a **healthy diet**. It helps to journal your food on a daily basis to keep track of how many calories you are eating each day. If you don't know what to eat please consult a Personal Trainer or a Nutritionist to help you develop a meal plan.

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