

What is Cellulite?



Cellulite is the name given to the dimpled appearance of the skin, looking like Orange Peel. The dimpling is caused by fat cells just below the skin's surface being forced against the underside of the skin around the connective tissue that helps keep your skin in place.

The connective tissue causes cellulite's "dimples" and the "bumps" are the fat cells pushing up on your skin.

In other words, **cellulite is caused by FAT.**

Women tend to store their Fat in the thighs and buttocks, so this is why Cellulite is noticeable..

Most women have wrongly excepted the fact that theres nothing they can do about Cellulite, but actually there is a lot you can do.

Follow this Guide take pictures it will help you realise the difference it is making and in 14 days you can reduce the appearance of cellulite on your skin...

The fact that cellulite is caused by fat is the key to reducing its appearance.

By eating a healthier diet, getting the proper nutrition and more exercise, you'll start reducing the levels of fat in your body. When you do, you lose fat from all over your body, including where cellulite is more predominant, which will make the cellulite less noticeable.

What you can do to improve Cellulite...

Massage

Daily after a shower or before bed

Rub Oils in to your skin , I like to do this straight out of the bath when I'm wet , I find it goes deeper into the skin and has a better effect.

This can be done at home or with the help of a professional massage therapist. Massages have a multitude of mind-body benefits, but you may also enjoy reduced thigh cellulite in the process.

Massage may reduce cellulite by improving the Lymphatic drainage.

It can also help stretch your skin tissue — this can help stretch out cellulite dimples, too.

The key component is the massaging process. You can't apply a cream and expect the cellulite to go away by itself.

Also, know that just one massage won't help when it comes to cellulite. You need to repeat the process consistently to achieve and maintain your desired results.

Drink more water.....

Hydrate Hydrate Hydrate.....

Drink 2-3 litres a day if you can, start early and drink throughout the day.....

It's one of the biggest keys to weight loss and will make a dramatic difference to your skin tone.

Drinking water is another low-cost option that may help with cellulite. Not only does it keep you hydrated, but water also helps remove the toxins that can lead to fat accumulation.

Water can also help encourage circulation and lymphatic flow.

Clean up your diet...

Look at what you're eating, clean up your diet ...if you're having processed foods, cakes etc and too much sugar....these like things have a massive effect on your skin, your organs and your fat storage..

If you do have some weight/ fat to lose consider joining one of my Strongwomenfitness weightloss programs, it's much easier to lose weight if you have a plan and coach and some accountability along with other women as a support network....

www.strongwomenfitness.com

Dry Body Brushing..

I do this Daily before a shower or bath.....it is wonderful for the skin and the appearance of Cellulite, brush your skin with a soft bristle brush for 5 mins each leg and on the buttocks, it will go red in appearance, (it's Worth It) it's amazing and you will see the results very quickly, remember you are brushing the skin dry.

Exercises.....

The best thing you can do is to build some muscle..... I know I say this a lot and my goal would be to get girls of any age lifting weights, this will add fantastic tone to your legs and bum..... I have given you some gym or home exercises to do to build tone in your legs, but if you want to join me on one of my programs, its always much easier with a plan....

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Squats

To perform a squat:

1. Stand with your feet shoulder-width apart and make sure your toes are pointed forward.
2. Lower your glutes as if you were sitting in a chair, making sure your knees don't go over your toes.
3. Squeeze back up to your starting position and then repeat.

Jump-squats

This is a step beyond the regular squat with the added challenge of a jump at the end:

1. Perform a regular squat.
2. Instead of squeezing all the way back up to the starting position, make a small jump off your toes.

Step-ups

1. Stand in front of a bench or a sturdy exercise box.
2. Then step up on it, one foot at a time.
3. Step back down in the same pattern.
4. Repeat.

Glute/leg kick-backs

1. Get on your hands and knees on the floor in an all-fours position.
2. Kick each leg back behind you, concentrating on using your glutes and upper thighs.
3. Lower each leg and repeat on the other side.

Side-to-sides

1. Stand with your feet together.
2. Lunge to one side at a time, squeezing both your inner- and outer-thigh muscles.
3. Go back to centre and repeat on the other side.

Each of the exercises above allows you to use your body weight to your advantage. You can also incorporate hand-held weights and barbells as you see fit.

You should do between 12 to 15 repetitions at a time.

You can increase the weights or repetitions as you get stronger.

Be sure to stretch before and after exercise to prevent muscle strains and tears.

Aim for three sessions per week, 30 minutes at a time.

Combined, all these factors may help improve thigh cellulite.

Thank you for reading this and hope it helps, it will so please stick at it, it only takes a few minutes to implement most of these tips, and they will make a dramatic difference.....

For Reading this guide it entitles you to a FREE one to one Discovery Call with me so, if theres any issues you have or your struggling with something we can have a chat and get you some strategies, also feel free to join my FREE Facebook Group especially for Busy Working Mums.....

Facebook Group

<https://www.facebook.com/groups/336184467102268/>

Discovery Call

<https://www.calendly.com/strongwomenfitness/15min>