

## Exercise for cellulite

Many people believe that special creams and pills will make them get rid of their cellulite. It is true that some creams and potions can help them, but pills and creams are never enough to rid you of the complete problem. In fact, several companies that have sold cellulite creams which have made misleading claims to this effect have been prosecuted for false advertising. So, if you really want to do something to help you make your cellulite disappear, there is a more natural way, that is cheap, effective and sometimes even fun. It is all about exercising.

We all know that exercises are good for our health, heart, state of mind and muscles, but exercises can also lead to cellulite elimination. There are parts of the body, such as the thighs and buttock that depend on exercises. 10 to 12 repetitions of leg curls and squats with some weights are great. Then after one set, a 2 minutes break and another 10 to 12 repetitions are recommended. For the final round, the same break and the same number of exercises are just enough for one day.

To make cellulite disappear once and for all, you must try and do some exercises with light weights 3 times every week. Also, you should try and remember not to exercise the same body parts on successive days as you may cause undue strain to them.

Give your body at least a 24 hours break between workouts to rest, and remember your weight lifting exercise session can be as little as 15-18 minutes a day on three times a week every other day. The days you exercise are not so important, as long as you don't weight train on consecutive days, and you stick to the program.

The other important aspect of losing weight and cellulite is to have a balanced diet and watch your weight. Any help you get to lose some weight and the fatty deposits you have acquired is a bonus. When you burn more calories than you take in, you will lose weight. Also, eating less is quite important. And when I say that I mean you should consume fewer calories. Studies have shown that a calorie consumption reduction of 25% will lead to losing one or two pounds each week. Ensure you consult your physician though before starting your exercise and diet regime if you have any health problems.

Exercises can be quite daunting at the beginning. So try and indulge in activities that are fun and don't necessarily feel like exercise. Go for long walks with your dog in the park, try playing tennis or any other sports you enjoy, riding a bicycle, swimming, taking aerobic classes or any other activity would be great fun activities to start with.

We all know that exercises can lead to losing weight, but remember these exercises can be a lot of fun too. All you have to do is to find the activity that you enjoy most, and stick with it.