

Cellulite Exercises

Cellulite is found in 90% of post-adolescent women and rarely in men. On an average, a woman loses 5 lb of muscle and replaces it with about 15 lb of fat every decade of her adult life. Fat is soft and does not keep the skin taut. It takes up more space and bulges out. To get rid of cellulite, the underlying fat stores need to be reduced and lost muscle tissue needs to be replaced. The best method for restoring muscle tissue is to have a regular exercise routine. Exercise helps to reduce cellulite because it helps to boost circulation and restore a slim underlying fat layer. Exercises that focus on toning the body and strengthening muscles are perfect for cellulite reduction. Forms of anti cellulite exercises include aerobic activity, yoga and Pilates. Aerobic activity Aerobic exercise is any repetitive activity that challenges the heart and lungs to work very hard. Large muscle groups including legs, back and chest have to work in order to work the heart and lungs hard. Some forms of aerobic activity are dancing, walking, running, stair climbing, biking and swimming. Cardiovascular routines can be helpful in challenging the heart and lungs to work hard. Pilates Pilates is a mind-body exercise method that aims at toning the muscles. Pilates builds strength without adding excess bulk, creating a sleek, toned body with slender thighs and a flat abdomen. When muscles are toned and strengthened, blood and lymph circulation is better. Good blood circulation reduces cellulite. Yoga Posture exercises in Yoga promote healthy living and help to correct wrong body postures. Yoga also helps in keeping the blood and lymph circulation in good condition, thereby reducing cellulite formations. Exercises improve metabolism in the body. They help to burn the extra fat that gets collected in pockets in the body.

About the Author

Schools that promote physical activity may have a significant impact on reducing childhood obesity, chronic disease, and, ultimately, adult mortality.

Source: <http://www.productsherbal.com>