

3 Action Steps For Cellulite



Incorporate exercises which focus on synergistic muscle layer stimulation. These are bodyweight exercises which have you work against the force of gravity with your own weight - at different angles and joint movements. No extra weights and no machines are needed.



Look at diet and common ingredients to make sure all chemicals sweeteners, preservative and additives are avoided and replaced with natural ingredients. Chemical ingredients are hormone disruptors - and when the hormones are out of balance, this creates problems for the female body - both in terms of structure and function.



Keep cardio to a minimum for health and energy purposes only (15-20 mins, 3-5 times per week). Too much cardio can break down valuable muscle for this type of woman who needs that muscle density in order to push out against the skin to make it tight and smooth.