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Top Anti Cellulite Secrets - What Are The Most Effective Exercises To Remove Cellulite?

Scores of women, as they get past their teenage years begin to accumulate deposits of fat in their body, specifically in the thighs, buttocks and belly. This accumulation of fat is called cellulite and is brought on by a combination of female estrogen hormones, fluid retention, poor blood flow and emotional tension. These factors can damage the connective tissues underlying the skin layers and allow fat deposits to bulge through, causing the distinctive 'cottage cheese' look of cellulite. A regular, every day exercise routine will help to keep hormone production steady, enhance circulation to affected areas and drain excess fluid from the body.

The human body comes in two main kinds of genetic composition. The first of these have a tendency to gather excess fat in the area of the abdomen while the 2nd type accumulates it in the thighs and buttocks area. Exercises to reduce cellulite are usually of two different types. The first is cardiovascular exercise which involves working the lungs and heart to burn off extra fat and calories in addition to increasing blood circulation. Strength training activities are the second type of exercises to reduce cellulite. They involve working the body to metabolize deposits of fat into muscle at targeted areas of cellulite formation.

There are many forms of exercise workouts which are of benefit to the cardiovascular system. Swimming is one of the best because it works all of the major groups of muscles in the body as well exercising the lungs and heart. Yet another good form of cardiovascular exercise is running, jogging or walking at a fast pace. Bicycle riding is beneficial as are sports like basketball and field hockey. Fitness exercise machines at the gym such as treadmills, rowers, elliptical trainers or steppers could also provide an effective cardiovascular workout for the body that will help rid it of unwanted deposits of cellulite.

Anaerobic type physical exercises can specifically target individual muscle groups of the body to work on so they can be very effective at reducing cellulite problems in areas such as abdomen, thighs and buttocks. Two exercises which work well for the thighs and buttocks are squats and leg curls. Using light weights with lots of repetitions will get rid of cellulite quickly. These workouts can be done at home with simple tools and also at the gym. Sit ups and leg raises are two of the best exercises for fighting cellulite deposits on the abdomen. All weight lifting exercises help.

Entering into a complete exercise program will allow a person to reduce cellulite deposits on their body and simultaneously improve their overall health and fitness levels. Some people find it tough to get motivated to exercise or to stay with a program. If that is a problem, try working out with friends or joining a local health club or gym. In either case you will need to learn how to do the physical exercises in the workout program appropriately making sure that injuries don't occur. Get help from an instructor or books or online exercise programs.

If you'd like more specific information about [how to get rid of cellulite on back of thighs](#) or to simply take a look at [anti cellulite cream](#) reviews, go to CelluliteRemovalMethods.com

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