

Published based on [What Causes Stomach Cellulite and How To Eliminate It](#)

What Causes Stomach Cellulite and How To Eliminate It

Here's [what causes cellulite](#) and the way to shed it, fast, with no need to do funny or mad things.

One of the worst feelings in the world is to look down at your legs, or bum in the mirror, or get strip in front of your man and seeing cellulite. Urrghhh!! And then to feel that there is no hope.

Hence What Causes Cellulite and How To Lose It

Cellulite is due to fat. Excess (subcutaneous or "surface") fat that's in excess in a particular area. Then the fibres that hold your skin onto your body, have fat pushing up to the surface causing a dimpled looked (aka: cottage cheese).

This sucks. Terrible. But it's not the end of the Earth cause there is hope here's why.

When I had cellulite, I started a little plan that my husband gave me, and I got rid of it, and then made a body that prevents it from coming back.

Do This First

The first thing that I did was take an image of myself. This was my "motivation" as it were. When are going for a goal, you want something that may keep you on track, and this was it for me.

What Happened Next?

Next I started a workout plan that my partner gave me (that finally became "do this to get rid of cellulite) and stuck with it every week. Basically he put together a collection of 11 minute workouts that I was to do 3 times per week, and then a non compulsory two more I could do the rest of the week.

These workouts, although short, were high intensity, and were challenging, but effective. They included an adaptation of lower body and full body preferred exercises (but with his twist on them) to help me build lower muscle and then full body lean muscle to.

What's Next?

After that there were just a few diet changes that I had to make. These changes included stuff like avoiding fast foods almost all of the week, adding some form of protein source to each meal, and adding almost any kind of vegan or fruit to every meal to. The more colour that I ate the better.

Yeah, this was pretty easy compared to the final results that I got and matched against the alternative of doing something stupid or crazy to reach my goals that would have probably hurt me in the end.

Why not join our training program and [get rid of cellulite](#) quickly? Read about [cellulite exercises](#) on our blog that will help you tone up your body. We are hoping you have great success!

You can also find this article published on [What Causes Stomach Cellulite and How To Eliminate It](#), and on the tag pages [Cellulite](#), [Cottage Cheese](#), [do this to get rid of cellulite](#), [full body](#), [lower body](#), [what causes cellulite](#), [Workouts](#).