

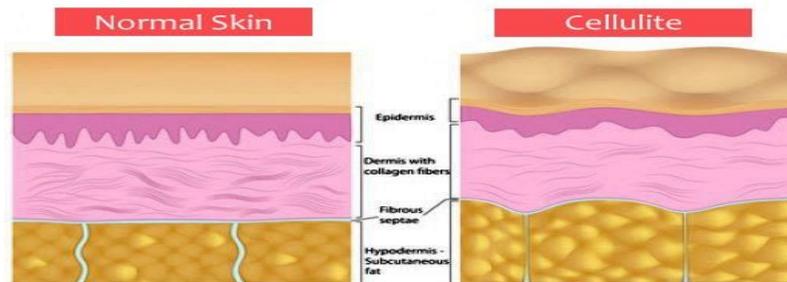


CELLULITE

Little is known about what causes cellulite. It involves fibrous connective cords that tether the skin to the underlying muscle, with the fat lying between. As fat cells accumulate, they push up against the skin, while the long, tough cords pull down. This creates an uneven surface or dimpling. Approx 95% of adult women and 10% of adult men have cellulite

Anatomy of cellulite

Tough, long connective cords pull down. This creates an uneven surface or dimpling, often referred to as cellulite. Cellulite is a very common, harmless skin condition that causes lumpy, dimpled flesh on the thighs, hips, buttocks and abdomen. The condition is most prevalent in women.



Epidermis : The epidermis is the outermost layer of our skin. It is the layer we see with our eyes. It contains no blood supply of its own—which is why you can shave your skin and not cause any bleeding despite losing many cells in the process.

Dermis : The dermis is a fibrous structure composed of collagen, elastic tissue, and other extracellular components that includes vasculature, nerve endings, hair follicles, and glands. The role of the dermis is to support and protect the skin and deeper layers, assist in thermoregulation, and aid in sensation.

Fibrous Septae : Fibrous septae connect the dermis to the underlying fascia,

Hypodermis, Subcutaneous fat : Subcutaneous tissue, which is also known as the hypodermis, is the innermost layer of skin. It's made up of fat and connective tissues that house larger blood vessels and nerves, and it acts as an insulator to help regulate body temperature.

As mentioned at the beginning, no one knows the the exact cause of cellulite, but it appears due to an interaction between the connective tissue in the dermatological layer that lies below the surface of the skin, and the layer of fat that is just below it. In **women**, the fat cells and connective tissue in this layer are **arranged vertically**. So if the fat cells protrude into the layer of skin, this gives the appearance of cellulite. In **men**, the tissue has a **criss-cross structure**, which may explain why are less likely to have cellulite than women.

Hormones are thought to play an important role in the formation of cellulite. Aside from estrogen, other hormones including insulin, adrenaline, noradrenaline, thyroid hormone and prolactin are all thought to contribute to the development of cellulite.

Weight gain can make cellulite more noticeable, but some lean people have cellulite, as well.

Genetics, It tends to run in families, so genetics **might** play the biggest role in whether you develop cellulite, be you male or female .

Lifestyle, An inactive lifestyle also can increase your chances of having cellulite, as can pregnancy.

Unfortunately, There's no way to completely eliminate cellulite, but, there are ways to reduce the appearance ;

Can I get rid of cellulite with diet ?

Much like exercise, a healthy diet may help reduce the appearance of cellulite but, again, there is limited research available on this, a healthy diet can help prevent the formation or severity of cellulite. "Eat a healthy, balanced diet to achieve weight maintenance. **Looking to improve nutrition learn more about nutrition, purchase the Commit to be Fit 4 week nutrition plan including 1:1 nutrition coaching**

Can I get rid of cellulite with massage ?

Massage may reduce cellulite by improving lymphatic drainage. It can also help stretch your skin tissue. This may help stretch out cellulite dimples, too. Massage creams offer the same benefits, but the key component is the massaging process. **For massage treatments, contact Claire for massage availability**

Can you get rid of cellulite with exercise?

Exercises that may help get rid of cellulite. Certain leg and glute exercises may help tighten the skin around the thigh region. In turn, you may also see a reduction in cellulite. While exercise isn't a foolproof way to get rid of cellulite on the thighs, stronger muscles and tighter skin may reduce its appearance.

Perform this set of exercises minimum twice per week for 4 weeks or alternatively, sign up the the Commit To Be Fit program for 1:1 fitness and nutrition online coaching



Around-the-Clock Lunges. Muscles worked: Glutes, hamstrings, quads, inner and outer thighs. **3 sets x 10 each leg**



Goblet Squats. Muscles worked: Glutes, hamstrings, quads, inner and outer thighs. **3 sets x 15 squats**



Single-Leg Romanian Deadlifts. Muscles Worked: Hamstrings. **3 sets x 15 each leg**



Burpees. Muscles Worked: **Full body 3 sets x 15-20**



Single-Leg Supine Hip Extension.

3 sets x 8 each leg

Finally : Expensive creams and cheap creams - Do they eliminate cellulite ? So from reading this sheet you will gather, the answer is really NO, as with massage it the application of applying the cream that “may temporarily reduce the appearance of cellulite,” When it comes to shrinking fat cells that contribute to cellulite, hitting the gym can help an a good diet is the key.