

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Cellulite Treatment:: The Cellulite Checklist

By Renee Feldman

Cellulite is fat that is caught between bands of connective tissue. The fat globules caught

underneath the skin tend to create the appearance of bumps and ridges. It is difficult to get rid of, but not impossible. Every woman can reduce the appearance of cellulite if she gets on and sticks to a cellulite reduction program.

The following checklist is a list of things that people can do to treat cellulite. Sometimes it's hard to stick to a program, but if a person gets organized and has a clear plan, then at least they have the tools to get started. The cellulite treatment checklist will provide a plan to reduce cellulite.

Instructions

Make a checkmark next to every item below on a weekly basis.

1. ___ Cardiovascular Exercise: Cardiovascular exercise is essential in any cellulite reduction plan. It will help you to loose fat and increase circulation which also helps in the reduction of cellulite. You can do just two 10 minute bouts of cardiovascular exercise per day to get you started on the fat burning path. Just be sure that you get your heart rate high enough so that you are in the training zone. You can monitor your exercise intensity by being aware of your breathing rate. You should be breathing hard enough so that you can't sing but you should have enough breath so that you can carry on a conversation. Try to fit in as much cardiovascular exercise as you can every week.

2. ___ Find one thing in your diet that you will cut out or substitute with a lower or no calorie substitution. Here are some examples: –diet soda or water for regular soda, –non-caloric butter spray for butter or margarine, –mustard mixed with nonfat mayo instead of full fat mayo for a spread, –carrot sticks instead of potato chips for a snack

3. ___ Keeping in mind your budget and accessibility, explore some of the various external treatment options. This may include topical treatments, Endermologie, massage and VelasMOOTH. When picking a topical treatment, it's a good idea to review the list of ingredients to make sure that you aren't allergic to any of them. VelasMOOTH is the first cellulite reduction treatment to be approved by the FDA. It's

relatively new, so you may have to investigate whether it's available in your area.

4. ____ Use your Secret Weapon, your mind and visualize your body beautiful and cellulite free. This may sound very simplistic but it really works. Try closing your eyes and putting yourself into a relaxed state of mind. Slow your breathing rate down. Now focus and picture your body toned up with no cellulite. If this doesn't suit you, then use visualization to picture yourself taking the steps to implement your plan to reduce cellulite. Many of us have trouble staying disciplined, so you may want to use this space to "see" yourself exercising and eating right. Give it a try.

This article is from

<http://www.cellulitetips.com>

The author, Renee Feldman BS, MA is an Exercise

Physiologist that was one of the first Personal Trainers in the United States. She is certified by The American College of Sports Medicine. Her cellulite reduction techniques were verified on the KSWB

news here in Southern California.

Dispelling The Myths About Cellulite

By News Canada

Cellulite results from the skin losing its elasticity and firmness. This allows fluids and fat deposits into the lower layers of the skin and is not the result of being overweight.

While losing weight may reduce body fat, it does not correct or eliminate cellulite. Even very slim women can have cellulite on their thighs, buttocks and hips.

Cellulite is influenced by several factors including your genes, gender, the amount of fat on your body and the thickness of your skin. For example, thinner skin and excess body fat makes cellulite more visible.

Cellulite can develop as early as puberty but is not easily noticed due to the suppleness of young skin.

While it can worsen with age, you don't have to sit back and accept it. Regular exercise, eating a healthy diet and using a body contouring cream daily can visibly reduce cellulite. A good body contouring cream to try is RoC® Retinol Body Contouring Triple Action, a clinically proven formula that reduces the appearance of dimpled skin in just eight weeks.

If you don't take action against cellulite it will get worse over time, especially as the skin continues to lose its firmness and elasticity.

Cellulite Treatment:: The Cellulite Checklist

On its own, dieting cannot eliminate cellulite. In fact, strict dieting is more likely to eventually increase your body fat percentage, worsening the condition.

As with dieting, exercise alone will not get rid of cellulite. To visibly reduce the look of cellulite – diet, exercise, and the use of a body contouring cream daily are key.

Men don't usually have a problem with cellulite because their fat cells are shaped differently and fat is stored differently.

However, some men may develop cellulite on their neck or stomach.

News Canada

provides a wide selection of current, ready-to-use copyright free news stories and ideas for Television, Print, Radio, and the Web.

News Canada

is a niche service in public relations, offering access to print, radio, television, and now

the Internet media, with ready-to-use, editorial "fill" items. Monitoring and analysis are two more of our primary services. The service supplies access to the national media for marketers in the private, the public, and the not-for-profit sectors. Your corporate and product news, consumer tips and information are packaged in a variety of ready-to-use formats and are made available to every Canadian media organization including weekly and daily newspapers, cable and commercial television stations, radio stations, as well as the Web sites Canadians visit most often. Visit

News Canada

and learn more about

the NC services.

Dispelling The Myths About Cellulite

Cellulite Treatment Of The New Age

Cellulite Treatment Options

Treating Cellulite: Treatments That Work

Can We Really Get Rid of Cellulite?

Disaster Preparedness and Crime Protection Manual

Understanding Acne: Causes, Cures and Myths

Ewen Chia's Website Conversion Secrets

Forbidden Psychological Tactics
Take Control of Alcohol

ReBrand this PDF eBook with your Name / URL / ClickBank Affiliate ID for Free



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!