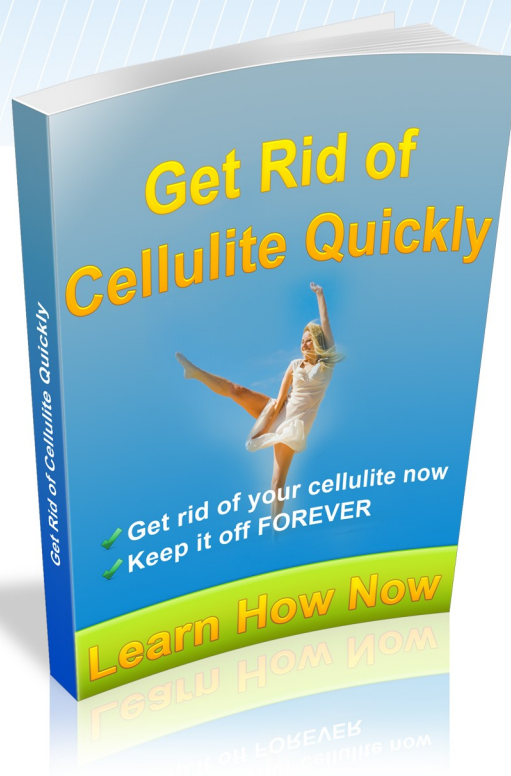


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Get Rid Of Cellulite Quickly



Get rid of your cellulite forever!

**LEARN EXACTLY HOW YOU CAN GET
RID OF YOUR CELLULITE QUICKLY**

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Get Rid of Cellulite Quickly

Need to get rid of your cellulite quickly? Are those unsightly lumps causing you embarrassment? Then you need to read this! Find out how to get rid of your cellulite once and for all as fast as possible in this free report

What Causes Cellulite?

10 factors that can increase your chances of developing cellulite and perhaps making it worse:

Did you know that around 95% of women suffer with cellulite? If you are one of this surprisingly high percentage, then you are definitely not alone. Cellulite is not caused by just one factor alone, there are many things that can trigger this condition. But what are they?

Here are the top ten causes:

- 1> Eating too much carbohydrate and fat.
- 2> Smoking is a major cause of cellulite as it restricts circulation. As most people are aware smoking is very hazardous to your health, but it is a little known fact that it can help cellulite formation occur
- 3> Lack of exercise and movement can lead to cellulite forming because it negatively impacts circulation and fluid retention
- 4> Female hormones. These control the structure of fat and store fat differently than in men. This is why cellulite is more common in women than in men
- 5> Obesity. People who are obese are more likely to develop cellulite than slimmer people. But it is important to remember that slim people are not immune either
- 6> Genetics. The development of cellulite can be hereditary, making

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some people more prone simply because of their genetic make-up

7> Stress. This is a long term factor in the cause of cellulite.

8> A sedentary lifestyle can be a major cause, especially sitting in the same position for long periods of time. This can be especially awkward for people who have office jobs for instance, or any role where you don't get a chance to move around much

9> Medication. Certain medication can aid cellulite in forming. It may surprise you that things such as diet pills can actually contribute in the formation of lumpy cellulite fat. Other medication includes; sleeping pills and diuretics

10> Crash dieting can be bad for many reasons, but it can also be a cause of cellulite. Your body goes into starvation mode, which causes fat to be stored differently



Get Rid of Cellulite Quickly

Cellulite is perhaps a bigger problem for women than you realise. A large percentage of all women suffer from cellulite at some time in their life. Unfortunately most women don't get rid of their lumpy fat because they do not know how. Its not that they haven't tried, its because they have been led to believe that they can use special creams and lotions to cure their cellulite.

You may have tried some of these treatments and creams for yourself. If you have, then you have probably realised that they just don't work and are often just a big waste of money. The truth is that the beauty industry is packed full of various treatments similar to this that aren't effective in getting rid of that unsightly fat.

The best way to treat cellulite is to simply do it at home the natural way using exercise. Cardiovascular exercise is one of the most effective ways to reduce and cure cellulite completely.

Get 30 minutes of cardiovascular exercise into your routine every single day. You can split this time up into smaller sessions to make it easier if you are a beginner. This also boosts your metabolism at the same time.

You can choose to do any cardiovascular exercise that you feel like. Its better to choose something that you think you will enjoy. Perhaps you prefer to swim rather than running? Or if you don't feel like wearing a swimsuit just yet, then opt for bike rides instead. There are plenty of different cardiovascular exercises available to you to help you to combat your cellulite.



Worst Cellulite Removing Gadget: Cellulift

Resembling a toy highway packer set with rows of wheels, this electrically powered gadget supposedly "glides over skin, flattens the appearance of cellulite by means of heat and vacuum from front and rear rollers.

"Instructions are to apply a special massage gel twice a day to thighs and buttocks, leaving it on for 5 minutes, then starting up the toy road-packer/massager and tracking it back and forth over the area for 10 to 15 minutes.

One is to believe that the motorized rollers squeeze and massage the skin layer, while heat penetrates deeply and suction provides the special lifting action called "cellumotion."

The truth is that "cellulite" is a quack term for ordinary body fat that on some women appears texturized, especially on the upper legs.

It's a random physical condition in women of all ages and body sizes.

It tends to show up more with age because women usually let themselves get more out of shape as the years go by - meaning increased muscle atrophy, and therefore less tone and firmness in the muscle layers directly beneath the 'cellulite' areas.

That being said - it can also be seen in young women with less muscle tone than others - and in post pregnancy moms, who are trying to figure out - "What happened to my body..." and are trying to find out the best way to "get their 'sexy' back"...

And when muscles become limp and start to sag - so does the skin that covers the muscles.

Using a fancy rolling pin on your 'cellulite affected areas' can NOT flatten or smooth the surface - no matter how hard you press or how often you do it.

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The only thing proven to firm and lift your muscle structure is a properly targeted, cellulite specific exercise routine.

Stimulating the muscles beneath the skin - will lift and smooth the outer layers of the skin (by pushing out against the skin). When you reverse atrophy by proper muscle use - you get the firming and toning response - which is basic physiology in action.

In my research - It was nice to see that, in good taste, some websites discontinued offering the item to potential customers - a VERY smart move - based on the wise lesson: "Scam somebody once - and they're gone for good."

Verdict: Waste of time and money gadget.

The Best Way to Get Rid of Cellulite

The only proven and effective way to get rid of cellulite effectively is to exercise. A personal trainer named [Joey Atlas](#) has developed a cellulite removing training program. The program is used for just 22 minutes a day and doesn't require any equipment or creams to make it work. If you are looking to get rid of your cellulite then I would [recommend this to you](#)
(<http://loseweighttipsx.com/blog/workout.php>)