

## Help For Saggy Cellulite Thighs And Butt

For most women who suffer from cellulite, the biggest problem areas are the thighs and buttocks.

But the question is this - if cellulite is a hard mass of fats and toxins, then how can it be so saggy?

The answer is that cellulite occurs just under the skin, and for most people there is an area of fat behind it and this is what causes the cellulite to look flabby or saggy.

Exercises reduce cellulite as well as toning muscles and burning calories.

If you have a problem with thigh and buttock cellulite, there is an easy way to get rid of it.

You need to start walking to exercise the thigh and buttock cellulite. Brisk walking helps your heart to increase blood circulation around your body - including your cellulite clogged areas.

Doing leg exercises to eliminate cellulite works directly on your thighs making it more effective.

And walking is one of the best exercises to get rid of cellulite. As you pump your legs your heart rate increases, you breathe more deeply and sweat the toxins straight out through your skin.

Exercising also helps increase bowel movement so the toxins from the cellulite are eliminated this way too.

Walking will also help to remove the cellulite from your buttocks but if you want to help it to reduce more quickly, you can do this simple buttock exercise.

Just sit on the floor with your legs together and stretched straight out in front of you. Then "walk" on your bottom across the room. Bend your arms and move them back and forth, the same as if you were walking on your feet, to help "walk" your buttocks across the floor

Then "walk" on your buttocks backwards to where you started from.

This is an easy exercise for your bottom and as you swing your arms and move yourself along the floor, you are giving your buttocks the best anti-cellulite workout they can get.

If you have a vibrating belt machine you can also use this on your buttocks to get the cellulite moving which helps break it down.

And if you have your own treadmill you can walk in the comfort of your own home and forget about the bad weather outside.

So all you have to decide is where you are going to walk and then get moving.

Help to eliminate your cellulite right now, and enjoy the walk.

### About the Author

**Beth Cunningham** is a writer and editor of CelluliteCity.com. Many negative factors in our life can cause cellulite, obesity, stress, and our loss of ability to cope. Visit <http://www.cellulitecity.com> to learn ways to take back control of your life and live better and enjoy life. And more importantly, take back your self esteem. Feel confident. Be confident.

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