

NUTRITION AND LIFESTYLE

The right diet for combatting cellulite

If you want to prevent cellulite or improve the appearance of your skin, you should eat as **balanced** and **low-fat** a diet as possible. **Foods containing potassium** such as nuts, bananas, potatoes, spinach, dried fruit and tomatoes have a skin-tightening effect, because **potassium dehydrates and firms the subcutaneous tissue**. Eating too much and too fatty food, on the other hand, causes fat cells to grow, while highly salty food leads to water deposits in the tissue.

Stimulants such as coffee, alcohol and nicotine are considered the skin's greatest enemies. **Smoking is particularly harmful** because nicotine constricts the blood vessels of the skin, throttles the blood flow and thus slows down the metabolism. This directly weakens the connective tissue.

Sport tightens the connective tissue

In addition to a healthy diet, plenty of exercise and sport are recommended. **A combination of endurance sports** such as walking, cycling or swimming **and a strengthening workout** works best.

Two to three times a week, **special exercises for the buttocks and thighs** help to **strengthen the muscles of the problem areas** and smooth out the skin dimples. **The stronger the muscles, the less the flat fat deposits can spread.**

Recommended exercises for the butt and thigh muscles are **squats, lunges and leg lifts!** **Climbing stairs** also gives you firm buttocks - so don't even bother with the lift!