

# **The cellulite and its improvement by aquatic exercises**

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## **Abstract**

The article describes the three types of cellulite (adipous, oedematous, fibrous) and refers to what causes it and to the body areas which are affected by the cellulite.

The aquatic exercises are not meant to abolish cellulite, but, associated with a proper food hygiene and a dynamic life style, they can contribute to the tissues and muscles strengthening, keeping down the cellulite and improving the physical form. For all those interested, the article contains four sets of aquatic exercises designed to strengthen the muscles of certain body parts.

**Keywords:** physical condition, cellulite, water, aquatic exercises, life style.