

## This Is Why Women Get Cellulite More than Men



As a woman, you probably have a long history with cellulite. It's something you pretend doesn't exist, but yet are constantly aware of: that orange peel effect every time you take a seat while wearing those short, short shorts.

But why does this awful phenomenon mainly occur in women's bodies? Why is it that men are seemingly immune? Well, first off, let's look at what exactly cellulite is:

Cellulite occurs when fat accumulates under our skin, pushing against the strands of our connective tissue fibres – also known as subcutaneous fat. So yes, cellulite is made up of fat, but it's the connective tissue (septa) between our skin and our muscles that create that lumpy and dimple 'orange peel' effect.

There are three kinds of cellulite:

- Hard cellulite is seen in younger women who exercise regularly.
- Soft cellulite is seen in inactive women and those who've recently lost weight.
- Oedematous cellulite occurs when women are overweight.

The worst part about this whole thing is that as you get older you are more likely to get more cellulite.

So, why is cellulite more prominent in women?

Read full article here: <http://www.2oceansvibe.com/2016/03/04/this-is-why-women-get-cellulite-more-than-men/>