OUR EXPERIENCE IN THE REDUCTION OF OVERWEIGHT AND CELLULITE

Abstract
In the 21st century obesity has epidemic proportions and it is accepted by the WHO as one of the leading causes of premature death worldwide. The aim of this study is to evaluate the effect of our Weight Loss Program in women with overweight and cellulite for three month period. The research includes 123 overweight women (age 29-45 d), divided into three groups. Treatment program for group A includes aesthetic physiotherapy; group B – anti-cellulite massage, strength training and cardiotraining, and group C - high intensity interval training and anti-cellulite massage. The study focused on physical and body performance. Differences in the monitored indicators show the effectiveness of the three physiotherapy programs.

Key words: obesity, cellulite, physiotherapy, strength training, anti-cellulite massage