

HOW I ESCAPED MY CELLULITE

By Jordan Gelber

One evening after getting home from the gym, I thought I was feeling rather thin because I had been exercising like a maniac, eating very healthy, so I decided to try on my pair of “tight” jeans, you know girls,

then realized that my arms were also bigger - which was also freaking me out...

That’s it I said to myself, I’m going to do my due diligence here in Manhattan and find the person, company, anybody that could help me rid my body of this cellulite that was actually less an issue before I had started working out. I did internet searches for escaping my cellulite and must have called a dozen companies, “celebrity” trainers and the like and they all said the same thing; weights don’t bulk women and there’s nothing you can do about your cellulite problem other than go on a diet and lose some scale weight.

Then, I found a company based here in NYC, Exude fitness (www.exude.com) who specializes in reshaping women’s bodies and have been doing so successfully for around for 25 years. So, I called and surprisingly, the Founder & CEO Edward Jackowski, Ph.D. answered. Basically, after explaining to Edward everything that I was doing fitness-wise, he told me that not only was I bulking my Hourglass figure, it was also actually increasing my cellulite because of the way I was exercising wrong for my body type. In other words he said; no more spinning (it bulks full-figured gals like me), no more lunges, squats, leg presses, and no more lifting heavy weights for both my upper and lower body. At first, I didn’t want to hear what

to me that if I was eating well and exercising regularly and it wasn’t working, I had to be doing something wrong. I also had discovered that Exude owns the world’s only patented and medically-proven exercise program based on body types and, that their fitness system has been featured in thousands of publications around the globe, not to mention that Edward himself has been interviewed by Barbara Walters on this very same topic that America was exercising wrong. I now have a glimpse of hope that perhaps these people can possibly solve or at the very least, help me with my cellulite dilemma.

So, I decided to purchase a body type assessment and fitness orientation from Exude Fitness and in the first 45 days, I lost 12 inches off my body and a dress size and, my cellulite was rapidly evaporating. Fast-forward, now nearly a year later, I have dropped a few dress sizes, 20 pounds and can honestly say that over 75% of my cellulite is gone. Equally important, I can do this program on my own anywhere, even while traveling - and I only have to check in with Exude every couple of weeks as they have taught me the tools on how to exercise properly on my own and eat sensibly without crash-dieting and performing those boot camp-like exercises that were not only bulking me but were also killing my joints...



So girls, if you truly want to escape your shape or cellulite and look and feel better naked, take a good look in the mirror, and if you don’t like what you see, don’t fret it, because the folks at Exude Fitness can fix you right up...

For more information:
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the pair that you literally have to diet for 2 weeks eating carrots just to barely squeeze into them? Well, it didn’t take me long to discover that not only couldn’t I get them over my thighs to zip, I also noticed how much cellulite I was carrying in my legs and butt - yuk! Wait, I said to myself, how could this be? I was eating well (1200 calories a day), hired a trainer and was really pumping the weights in hope of adding more muscle to my body. I

this man was saying, because everything that I had read in practically every fitness and fashion magazine touts that lifting weights adds more muscle and as a result, you’re able to burn more calories. I still need more validation, so I decide to do more research and reading up on Exude Fitness and then I purchase and read one of Edward’s books, specifically, his best-selling book *Escape Your Shape* - and then it all started to make sense