

Sport und Cellulite

| | Ödematöse Cellulite | Adipöse Cellulite | Fibröse Cellulite | Mixt: Adipöse + Ödematöse | Mixt: Adipöse + Fibröse |
|----------------------------|---------------------|-------------------|-------------------|---------------------------|-------------------------|
| Aerobic | - | x | xx | x | xx |
| Aikido | x | x | x | x | x |
| Aquagym | xxx | xxx | x | xx | xx |
| Badminton | - | x | x | - | x |
| Basketball | - | x | xx | x | x |
| Canyoning | xx | xxx | xxx | xxx | xxx |
| Eislaufen | - | x | xx | x | x |
| Fechten | - | xx | xx | x | xx |
| Fitness | x | xx | xxx | xx | xx |
| Golf | xx | xx | x | x | x |
| Gymnastik | xx | xx | xxx | xx | xx |
| Handball | - | x | xx | x | x |
| Jogging | x | x | xx | x | xx |
| Judo | x | x | xx | x | x |
| Kanu/Kayak | - | xx | xx | x | xx |
| Karate | - | x | xx | x | x |
| Karting | - | - | - | - | - |
| Klettern | xx | xx | xxx | xx | xx |
| Krafttraining | x | xx | xxx | x | xx |
| Leichtathletik | x | xx | xxx | x | x |
| Marathon | - | xx | xxx | - | xxx |
| Radfahren | xxx | xx | xxx | xxx | xxx |
| Reiten | - | - | x | - | - |
| Rollerblades | - | x | x | - | x |
| Rudern | - | xx | xx | x | x |
| Schneeschuhenlaufen | xxx | xx | xxx | xxx | xx |
| Schwimmen | xxx | xxx | xx | xxx | xxx |
| Skateboard | - | x | x | - | x |
| Ski Alpin | - | x | xx | x | x |
| Ski Wasser | - | x | x | x | x |
| Ski Akrobatik | - | x | x | - | x |
| Ski Langlauf | xxx | xxx | xxx | xxx | xxx |
| Squash | - | x | xx | x | x |
| Stretching | xxx | xxx | x | xx | xxx |
| Tanz klassisch | - | xxx | xxx | x | xxx |
| Tanz modern | - | xx | xx | x | xx |
| Tanz rhythmisch | - | xx | xx | x | xx |
| Tauchen | x | xx | xxx | xx | xx |
| Tennis | - | x | x | - | x |
| Tischtennis | - | x | x | - | x |
| Trekking | xxx | xxx | xx | xxx | xxx |
| Triathlon | xx | xx | xxx | xx | xx |
| Volleyball | - | x | xx | x | x |
| Wandern | xxx | xxx | x | xxx | xxx |
| Wasserball | xxx | xx | xx | xxx | xx |
| Wellenreiten | - | xx | xx | x | x |
| Windsurfen | - | x | x | x | x |
| Yoga | xxx | xxx | x | xx | xxx |

- = Zu vermeiden

x = Empfohlen

Fettschrift = In jedem Fall empfehlenswert