

Face Fitness



Everybody knows through exercising in a gym you can firm up the body and skin. Naturally, the same is true about the muscles in the face and neck. As your muscles and connective tissue tone, your skin tightens up and becomes more resilient and elastic as well! With facial exercises you not only regain that look you thought you'd never see again, you'll age beautifully, looking younger as you grow older.

As we age, our muscle fiber in our bodies tends to atrophy and become less with time. As far as muscle shrinkage (atrophy) is concerned, it's debatable whether loss of fibers from individual muscle cells or loss of cells themselves is the important issue. What is atrophy? In fact, what is a muscle cell? Atrophy means the bulk of the muscle is lost. In other words, the term is a "universal" one. It encompasses our experience when we lose muscle. It does not, however address what is happening on a "cellular" level. And, it is what happens on a cellular level that helps us to understand how and why exercising the face can bring not only a younger look but a healthier one, too.

