

A few weeks ago at Church, the Pastor started the service by telling a few dumb blonde "man" jokes.

Usually dumb blonde jokes are about blonde women, so it was fun to have the tables turned (The Pastors wife is blonde).

But I obviously must have been having a blonde (formerly until about age 6) moment because I only remember one of the jokes.

Anyhow, so two blonde guys are talking about the upcoming Christmas Season. One of the blonde guys says, "Man, I am soooo excited about Christmas this year!"

And the other blonde guy says, "yea me too, I just hope it doesn't fall on Friday the 13th this year".

Now, that's pretty dumb right?

But you know what else is dumb?

I'll tell you. A lot of the things that otherwise smart guys say about their health, bodies, and more specifically, the amount of muscle on their bodies.

A lot of their comments are just plain dumb..

They say things like; *"Well, I don't think strength training is what I want to do. I don't want to end up looking like Arnold Schwarzenegger you know"*.

Yes, I have heard countless men say that exact sentence or something very close to that.

Dumb. I mean, really really dumb.

For many reasons. Primarily though because most of the men who say that don't have a prayer of ever "looking like Arnold." Sorry.

And I personally don't have to ever worry about that either.

More to the point. Ok, so you "don't want to look like Arnold".

Well then, who or what DO you want to look like and be like physically?

And what kind of health and vitality would you like to have?

And exactly how do you think you will get it??

Do you think that walking, supplements, prescription drugs, yoga, doctor's visits or chiropractor adjustments alone are going to make that happen for you?

Good luck with that. All of the above by the way, can probably help some at

times. But they don't come close to what progressively building functional strength and muscle can do for you.

Not by a longshot...

But then there is the other side of the dumb coin, and possibly dumber.

Many men over the age of 50 say equally dumb things like, "yea, well I think I'm too old to strength train or build any muscle on my body, those days are over for me".

One of my favorite studies to point to when I hear such verbal dumbness involved nine "frail, institutionalized" men and women between 90-96 years old.

They participated in an 8 week strength building exercise program. After 8 weeks the average strength gain was 174 percent and thigh muscle tissue increased by 11 percent.

Plus, walking speed increased by 48% and two participant's no longer had to use their canes. One of them who had not been able to get out of a chair now could do so without using their arms.

And I don't think any of those people ending up looking like bodybuildersJ.

Interestingly too, one of the first things to "go" in men (women too BTW) over 50 is leg strength. And this study showed that no matter your age, you CAN still increase leg strength and healthy muscle tissue.

So don't think you can't and as any athlete knows, once the legs start to go...

So my point? Men, (equally applies to the ladies) don't be dumb when it comes to getting stronger and building muscle on your (especially legs) body. Muscle and strength are your life, health and movement power preservers.

Be Wise, Stay Strong Lifelong, Fred

PS- Not sure how to get started building strength and muscle?

Then check out the [W.I.S.E Method \(www.wisemethod.co\)](http://www.wisemethod.co) today.