

When talking about Grandma's we don't often don't talk about them needing to be more "muscular".

Yet at the same time, we love our Grandma's don't we?

After all, most Grandma's have spent much of their lives loving and taking care of everyone else.

Literally pouring their lives into their families.

Their husbands, children and grandchildren oftentimes were their first priorities from sunup to sundown and in the middle of the night too.

Loving on us, feeding us, cleaning up after us, clothing us, caring for us when we were sick, doing homework with us, offering their sage advice throughout the day, encouraging us when we needed a lift and a good swift kick in the rear when that was needed as well.

Giving us their best without rest all so that we could be and live our best.

So it seems such a shame to me to see so many Grandma's struggle with poor health in their later years.

Unable to get around the way that they used to, sometimes dealing with an assortment of poor health problems and having to take multiple medications just to stabilize the condition of their body.

It need not be this way though...

What we need is for more Grandmas to get more muscular this year and forevermore.

If more grandmas were encouraged and equipped to get more muscular then the latter part of their lives could be a great deal healthier and more enjoyable and fulfilling.

As you may know, I believe that your muscle is the "fountain of youth" and the "Holy Grail of health".

When it comes to your health and wellness, leanness, quality of life and outlook on life, adding muscle to your body ranks up there in the top one-two best things you could do.

So when I say Grandma's should "get more muscular" I am simply saying it would be really really good for her to increase the amount of muscle that she has on her body.

We are not talking about turning Grandma into a ripped bodybuilder.

Rather, the goal is for her to become more "muscular" than she now is which will bring an amazing array of great benefits into her life.

It is the continual process of working to maintain and actually adding more

muscle to her body (AKA getting more muscular) that can do as much or more for Grandmas health and ability to thrive than anything else.

The list of "things muscle does" is enormous and on many levels, Grandma's muscularity IS what her health is.

And if there is one segment of the population that needs to be more muscular it is our wonderful Grandmas or at least women of "Grandma" age.

Here are my top 10 reasons why getting more muscular will be fantastic for all of the Grandma's out there:

1- Grandma will be able to move much better into her 90's plus. There may no other measure more important to overall health and quality of life than the ability to move your own body comfortably and confidently. What we took for granted in our younger years now becomes quite crucial after the age of 60.

From getting up off the floor or couch to getting in and out of a car to going for a power walk in the neighborhood it will be the amount of useful muscle on Grandmas body that determines how well she can do those things. Yes indeed, how well Grandma will be able to move for the rest of her life is based almost primarily on how "muscular" she is.

2- Prevents and diminishes osteoporosis and osteoarthritis. The process of getting more muscular also stresses the bones. As the bones are stressed they adapt by getting denser, stronger and healthier and make moving joints easier and less to non-painful. Conversely grandmas who don't stress and strengthen muscles and joints increase the chances of ending up with weak bones and debilitating painful joints. With more women dying each year from complications related to hip fractures than they do from breast cancer, Grandmas would be wise to build stronger bones by getting more muscular.

3- Improves and maintains muscular and joint range of motion. Grandma's are in a life long battle with gravity. If they do not practice moving their bodies regularly, they will eventually not be able to move it. If Grandma wants to be able to move with any degree of ease, comfort and strength, she would be wise to train her body to resist gravity, which is one of the primary functions of muscle. The more muscular Grandma is, the better she can resist the force of gravity. The less muscled and thus weaker Grandma is, the more crippled she will likely become as she ages.

4- Decreases incidence of high blood pressure and heart disease. This reason alone may be the top reason why Grandmas around the world should seek to get more muscular. My experience is that most people are unaware of what is one of the best ways to overcome both heart disease and high blood pressure and that is by the process of getting more muscular. By getting more muscular on the outside, you are also creating a more muscular heart by increasing the thickness of your heart wall over time. Thus, your heart is now stronger and able to squeeze more blood throughout your body with each heartbeat. This lowers your resting heart rate which is great and improvements made in central and peripheral blood flow can also be astounding.

On the other hand, if your muscles are not challenged regularly blood flow

diminishes, cells become less oxygenated, and disease then develops. Keeping her blood flowing by training her body to be more muscular enables Grandma's body to be more efficient in using oxygen and improving the health and efficiency of her heart. Bottom line is that as Grandma gets more muscular, her blood flows with more power and less pressure and her heart beats with greater "oomph" with every single heartbeat.

5- Decreases incidence of diabetes and Improves Insulin Sensitivity. Type 2 diabetes is when your body can no longer metabolize blood sugar properly, and becomes insulin resistant. Too much sugar and insulin make you VERY unhealthy and significantly increases your chances of getting heart disease. Muscle tissue though happily uses up blood sugar when it contracts. As Grandma works to become more muscular by training her muscles effectively, she can not only reduce the negative impact of type II diabetes if she has it, but she can practically make her body type 2 diabetes proof.

6- Improves mental health and mood. Most people would think that getting more muscular is just a "physical" health improvement tool. But getting more muscular is also a powerful method to improve brain health and function. Your body releases "beta-endorphins" when you train your muscles to get stronger. Beta-endorphins are a neurotransmitter said to be 50 times more powerful than morphine. Some consider them to be among the world's most powerful pain killers and anti-depressants on the planet. They also are believed to activate a "reward center" in the brain that can put Grandma into a better and even a mildly euphoric mood on the days Grandma trains her muscles. And they exist naturally in Grandmas body, are free, have no harmful side effects and can become pleasantly and positively addictive.

7- Improves Grandma's memory and clarity of thinking. Extensive research has shown that physical exercise training also benefits brain health and even trains the brain to create new brain cells. This happens as Grandma learns new movements and forces her body to create new motor patterns. By doing so it requires her to use several regions of the brain, which has a favorable effect overall on keeping working memory stimulated by constantly building new grey matter formation. This process can continue indefinitely as long as Grandma lives. Another cool benefit of working to get more muscular is that it improves Grandmas ability to focus, as training muscles requires both her left and right side brain involvement and stimulation. This builds better cognitive emphasis in the areas of Grandmas brain responsible for her concentration and memory.

8- Reduces mortality risk from traumatic physical events. Muscular people are harder to kill (watch any action movie and you will see that this is true). Seriously though I base this claim on the premise that a leaner, more muscular person has a stronger, healthier heart as a result of building and maintaining the muscle on their body. Plus, having more muscle means Grandma has more mitochondria (The powerhouses of the cells) which also gives Grandma a stronger immune system which means a more powerful healing response. And that means that it will be harder to kill Grandma because her body is better prepared for fighting off disease.

9- Can potentially reduce rates of cancer by 40%. I recently read an article stating that obesity leads to 40% of all cancers. Whether that is accurate or

not is up for debate of course. What may not be as much up for debate though is whether being consistently obese can threaten a person's health. Given all of the verifiable increased disease risks linked to obesity, it seems clear that reducing obesity and excess body fat should be a health goal for all.

As Grandma works to become more muscular she will at the same time be setting her body up to reduce any obesity and "obesity-proof" her body in the future. Having more muscle means you high a higher resting metabolic rate and are moving more which means you metabolize more glucose. Plus, more muscular Grandma's have a higher blood volume so they send more life giving blood, nutrients and oxygen to their brains with every single heartbeat (Each time Grandma's heart beats, 25% of the blood goes to her brain).

As Grandma works to get more muscular she will be embarking on a better lifestyle. Just by doing that, she will separate herself from the "I give up I'm getting old crowd" and eliminate most "chronic western diseases" the average American is at risk for, including cancer.

10- Grandma will live longer and better. All of the above result in increasing the chances that Grandma will live longer, but also better. As Grandma gets more muscular, she will feel better, look her best, improve her health and enjoy a greater quality of life. Plus, the world be better, because that is what Grandmas do. They make the world better. So it will be great to have more of them around longer and fun to watch them flex their muscles too.

With all of the benefits above, I don't know why anyone would argue against more Grandma's getting more muscular☺

For Grandma, the development of a more muscular body will be what "solves" most if not all the critical issues of her health in her golden years.

So, if you are a Grandma, know a Grandma or someday hope to be a Grandma, make it a goal to get more "muscular" starting today and spread the "muscle matters Grandma" message to other Grandma's you know too.

Stay strong, Fred

Looking for a great way for Grandma's (and everyone else) to get more muscular? Check out. <http://www.wisemethod.co/>

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