

Muscles A Precious Possession

Contributed by Admin
Tuesday, 18 July 2006
Last Updated Tuesday, 31 October 2006

Muscle yes the word mesmerizes. It is a wonderful tissue of our body. It is through this part of our body we exercise our control over others. Our brain feels paralyzed without the chunk of muscles to execute the brain directions. Also it constitutes a part of our defense system. It keeps the joints, bones both physically and metabolically, and protects them from outer dangers that come in our way. Let me make all these points clear point by point.

Muscles A Precious Possession

Muscle yes the word mesmerizes. It is a wonderful tissue of our body. It is through this part of our body we exercise our control over others. Our brain feels paralyzed without the chunk of muscles to execute the brain directions. Also it constitutes a part of our defense system. It keeps the joints, bones both physically and metabolically, and protects them from outer dangers that come in our way. Let me make all these points clear point by point.

Protection yes, it is the protection factor that strikes our mind, whenever we talk about the benefit of having muscles in our body. Muscles are the significant cushion of our bones and joints. Protection is the first area to mention when discussing why you should gain muscle and is true in so many different ways. Muscles are major protectors of the joints and bones in our body. Muscles are like buckles that keep different parts. It works as buckles while keeping the bones and joints in their proper place. And it is true with the muscles that support long bones. Muscles work as shock absorbers protecting from outside shocks otherwise we might be fighting with breaking apart of bones everyday reducing us to our bed. In fact the activities that promote muscle building are the very same activities that increase bone mineral density, which is especially significant for women after menopause. Muscles also keep our postures in tandem and keep us away from falling. As far as our blood pressure is concerned Muscle tissue work as a regulator and indirectly protect many of our major part like heart, kidneys, brains and eyes.

Muscles maintain a healthy weight at the same time absorbing the damaging effect of typical American diet. Don't think that after growing rich muscles and maintaining healthy weight you're free to nibble on anything that come your way. It also does not mean that those people who frequent gym and do some weight lifting exercises are prone to diseases like diabetes, hypertension, cancer, heart diseases and atherosclerosis. All these are byproducts of obesity and muscle is an amazing metabolizer of the extra calorie that we consume every day in our traditional 'unhealthy diet'.

In fine I want talk about the significance of doings things that only strong muscles allow one to perform. Yes, I am talking about your mental health. If you are not stout you might not feel spree as these two go hand in hand. Similarly, if you're indifferent and inactive you're more likely to be attacked by things like inactivity and mental tension. Believe it I'm serious. So follow me and start lifting weights to gain muscle one of the valuable things to possess by any human being.