

# Doesn't big muscles technically make you stupider cause less blood in brain?

Posted: 2025-10-16 05:51:15.755568

## Answer

By: Anonymous • 2025-10-16 15:23:52.243466

you must be skinny and stupid, building muscle improves bloodflow throughout your whole body, including your brain.

muscles arent simply for lifting weight, your calf muscle pumps blood back up through your body, if you have weak calves less blood gets to your brain