



Website review isthebrainamuscle.com

Generated on February 06 2026 16:14 PM

The score is 73/100



SEO Content

	Title	Is the Brain a Muscle or an Organ? Facts Explained Length : 50 Perfect, your title contains between 10 and 70 characters.												
	Description	Is the brain a muscle or an organ? Discover what science says, why people compare the brain to a muscle, and how mental exercise keeps it strong. Length : 145 Great, your meta description contains between 70 and 160 characters.												
	Keywords	Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.												
	Og Meta Properties	Good, your page take advantage of Og Properties. <table><thead><tr><th>Property</th><th>Content</th></tr></thead><tbody><tr><td>title</td><td>Is the Brain a Muscle or an Organ? Facts Explained</td></tr><tr><td>description</td><td>Is the brain a muscle or an organ? Discover what science says, why people compare the brain to a muscle, and how mental exercise keeps it strong.</td></tr><tr><td>type</td><td>website</td></tr></tbody></table>	Property	Content	title	Is the Brain a Muscle or an Organ? Facts Explained	description	Is the brain a muscle or an organ? Discover what science says, why people compare the brain to a muscle, and how mental exercise keeps it strong.	type	website				
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	Headings	<table><thead><tr><th>H1</th><th>H2</th><th>H3</th><th>H4</th><th>H5</th><th>H6</th></tr></thead><tbody><tr><td>1</td><td>7</td><td>8</td><td>10</td><td>0</td><td>0</td></tr></tbody></table> • [H1] Is the Brain an Organ or a Muscle? Understanding the Facts • [H2] Introduction • [H2] Is the Brain a Muscle or an Organ? • [H2] Why Do People Say the Brain Is a Muscle?	H1	H2	H3	H4	H5	H6	1	7	8	10	0	0
H1	H2	H3	H4	H5	H6									
1	7	8	10	0	0									

SEO Content

		• [H2] Key Differences • [H2] How to Keep It Healthy and Strong • [H2] Conclusion • [H2] FAQ • [H3] Theo Cooper • [H3] Composition • [H3] Function • [H3] Development • [H3] Stay mentally active • [H3] Exercise regularly • [H3] Maintain a balanced diet • [H3] Prioritize good sleep and stress management • [H4] About the Author • [H4] Connect with Theo • [H4] Is the brain actually a muscle? • [H4] Is the brain considered a muscle? • [H4] Why do people say the brain is like a muscle? • [H4] How is it similar to a muscle? • [H4] Is the brain made of fat or muscle? • [H4] Can the brain get stronger like a muscle? • [H4] Is the brain a muscle true or false? • [H4] How can you exercise your brain?
	Images	We found 7 images on this web page. Good, most or all of your images have alt attributes.
	Text/HTML Ratio	Ratio : 58% Ideal! This page's ratio of text to HTML code is between 25 and 70 percent.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Great, there are no Iframes detected on this page.

SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 5 links including 0 link(s) to files

SEO Links

	Statistics	External Links : noFollow 0%
		External Links : Passing Juice 0%
		Internal Links 100%

In-page links

Anchor	Type	Juice
Introduction	Internal	Passing Juice
The Brain	Internal	Passing Juice
Differences	Internal	Passing Juice
Keep Healthy	Internal	Passing Juice
FAQ	Internal	Passing Juice

SEO Keywords

	Keywords Cloud	organ muscle like neurons from exercise cells brain muscles new
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Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
brain	47	✓	✗	✓	✓
muscle	34	✓	✗	✓	✓
like	19	✗	✗	✗	✓
cells	14	✗	✗	✗	✗
exercise	13	✗	✗	✓	✓

Usability

	Url	Domain : isthebrainamuscle.com Length : 21
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.

Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 3 Warnings : 0
	Email Privacy	Great no email address has been found in plain text!
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	 Excellent, your website doesn't use nested tables.  Too bad, your website is using inline styles.  Great, your website has few CSS files.  Perfect, your website has few JavaScript files.  Perfect, your website takes advantage of gzip.

Mobile

	Mobile Optimization	✓ Apple Icon ✓ Meta Viewport Tag ✓ Flash content
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Optimization

	XML Sitemap	Great, your website has an XML sitemap. https://isthebrainamuscle.com/sitemap.xml
	Robots.txt	http://isthebrainamuscle.com/robots.txt Great, your website has a robots.txt file.
	Analytics	Missing We didn't detect an analytics tool installed on this website. Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.