



# Website review isthebrainamuscle.com

Generated on March 03 2026 11:36 AM

The score is 73/100



## SEO Content

|             | Title                                                                                                                                             | <p>Is the Brain a Muscle or an Organ? Facts Explained</p> <p><b>Length : 50</b></p> <p>Perfect, your title contains between 10 and 70 characters.</p>                                                                                                                                                                                                                                                                                                                                                                                                     |          |         |       |                                                    |             |                                                                                                                                                   |      |         |   |    |   |   |
|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------|-------|----------------------------------------------------|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------|------|---------|---|----|---|---|
|             | Description                                                                                                                                       | <p>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.</p> <p><b>Length : 145</b></p> <p>Great, your meta description contains between 70 and 160 characters.</p>                                                                                                                                                                                                                                                                                           |          |         |       |                                                    |             |                                                                                                                                                   |      |         |   |    |   |   |
|             | Keywords                                                                                                                                          | <p>Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.</p>                                                                                                                                                                                                                                                                                                                                                                                                                |          |         |       |                                                    |             |                                                                                                                                                   |      |         |   |    |   |   |
|             | Og Meta Properties                                                                                                                                | <p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="544 1317 1481 1765"> <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 |   |    |   |   |
| 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                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |          |         |       |                                                    |             |                                                                                                                                                   |      |         |   |    |   |   |
|             | Headings                                                                                                                                          | <table border="1" data-bbox="544 1787 1481 1861"> <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> <ul data-bbox="619 1899 1437 2056" style="list-style-type: none"> <li>• [H1] Is the Brain an Organ or a Muscle? Understanding the Facts</li> <li>• [H2] Introduction</li> <li>• [H2] Is the Brain a Muscle or an Organ?</li> <li>• [H2] Why Do People Say the Brain Is a Muscle?</li> </ul> | 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

|                                                                                    |                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|------------------------------------------------------------------------------------|-----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                    |                 | <ul style="list-style-type: none"><li>• [H2] Key Differences</li><li>• [H2] How to Keep It Healthy and Strong</li><li>• [H2] Conclusion</li><li>• [H2] FAQ</li><li>• [H3] Theo Cooper</li><li>• [H3] Composition</li><li>• [H3] Function</li><li>• [H3] Development</li><li>• [H3] Stay mentally active</li><li>• [H3] Exercise regularly</li><li>• [H3] Maintain a balanced diet</li><li>• [H3] Prioritize good sleep and stress management</li><li>• [H4] About the Author</li><li>• [H4] Connect with Theo</li><li>• [H4] Is the brain actually a muscle?</li><li>• [H4] Is the brain considered a muscle?</li><li>• [H4] Why do people say the brain is like a muscle?</li><li>• [H4] How is it similar to a muscle?</li><li>• [H4] Is the brain made of fat or muscle?</li><li>• [H4] Can the brain get stronger like a muscle?</li><li>• [H4] Is the brain a muscle true or false?</li><li>• [H4] How can you exercise your brain?</li></ul> |
|   | Images          | We found 7 images on this web page.<br>Good, most or all of your images have alt attributes.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|  | Text/HTML Ratio | Ratio : <b>58%</b><br>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         |
|------------------------------|----------|---------------|
| <a href="#">Introduction</a> | Internal | Passing Juice |
| <a href="#">The Brain</a>    | Internal | Passing Juice |
| <a href="#">Differences</a>  | Internal | Passing Juice |
| <a href="#">Keep Healthy</a> | Internal | Passing Juice |
| <a href="#">FAQ</a>          | Internal | Passing Juice |

## SEO Keywords

|                                                                                    |                |                                                                                  |
|------------------------------------------------------------------------------------|----------------|----------------------------------------------------------------------------------|
|  | Keywords Cloud | <b>muscle</b> muscles from exercise new <b>brain</b> like<br>organ neurons cells |
|------------------------------------------------------------------------------------|----------------|----------------------------------------------------------------------------------|

## Keywords Consistency

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

## Usability

|     |                                               |
|-----|-----------------------------------------------|
| Url | Domain : isthebrainamuscle.com<br>Length : 21 |
|-----|-----------------------------------------------|

## Usability

|                                                                                  |              |                                                   |
|----------------------------------------------------------------------------------|--------------|---------------------------------------------------|
|  |              |                                                   |
|  | 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 : 0<br>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      | <ul style="list-style-type: none"><li> Excellent, your website doesn't use nested tables.</li><li> Too bad, your website is using inline styles.</li><li> Great, your website has few CSS files.</li><li> Perfect, your website has few JavaScript files.</li><li> Perfect, your website takes advantage of gzip.</li></ul> |

## Mobile

|                                                                                  |                     |                                                                                                                  |
|----------------------------------------------------------------------------------|---------------------|------------------------------------------------------------------------------------------------------------------|
|  | Mobile Optimization | <ul style="list-style-type: none"><li>✓ Apple Icon</li><li>✓ Meta Viewport Tag</li><li>✓ Flash content</li></ul> |
|----------------------------------------------------------------------------------|---------------------|------------------------------------------------------------------------------------------------------------------|

## Optimization

|                                                                                  |             |                                                                                                                                                                                                                                                                                                 |
|----------------------------------------------------------------------------------|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | XML Sitemap | <p>Great, your website has an XML sitemap.</p> <p><a href="https://isthebrainamuscle.com/sitemap.xml">https://isthebrainamuscle.com/sitemap.xml</a></p>                                                                                                                                         |
|  | Robots.txt  | <p><a href="http://isthebrainamuscle.com/robots.txt">http://isthebrainamuscle.com/robots.txt</a></p> <p>Great, your website has a robots.txt file.</p>                                                                                                                                          |
|  | Analytics   | <p>Missing</p> <p>We didn't detect an analytics tool installed on this website.</p> <p>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.</p> |