

STRENGTH OR LOOKS MAXING WHICH ONE MATTERS AND WHY

Fit Tips 33-brought to you from my upcoming short book called
CARBS & CALORIES



MIKE MISURACA

JUL 27, 2026



Mike's Substack is a reader-supported publication. To receive new posts and support my work, consider becoming a free or paid subscriber.

✓ Subscribed

Do I have to make a choice?

Well, that's totally up to you and what your overall goals are for your fitness journey. If you haven't read my previous article about goal setting read it here [*Smart Goals Smart Fitness Results*](#), it will make your decision making process that much easier. For me and most heterosexual males building strength or getting "gains" in the muscle department are paramount. The reason being, a man's biological job here is to not only protect himself but also his family if he has one. Attracting a mate from the opposite sex is also ideal but not life threatening. *I already hear the sighs fellas.*

1. There is a difference between men and women

I get it, sounds pretty obvious right, men want bigger muscles and women want bigger butts-the Brazilian booty lift. However, I disagree with the overt stereotypes in the gym. Are there a lot more men on the bench press than women? Yes. Are there more women in aerobics classes than men? Yes. My answer to all of this is so what. I believe both sexes can enjoy strength training in moderation.

2. Strength helps

As a guy, who wouldn't like to be at peak performance day-in and day-out? Another perk to strength training is as the body gets in better shape your health dramatically improves. Recovery becomes easier. And the infamous back pain you now experience miraculously goes away.

For women, having more strength can improve bone and joint health. Boosts resting metabolism, the more muscle you have the more calories will be burned. Thus, controlling her blood sugar levels-muscle tissue acts as a glucose disposal agent, helping prevent insulin resistance and

type 2 diabetes. Higher overall muscular fitness in women correlates with a longer health span and lower risk of chronic heart disease.

3. The Strong man with the big gut

In most of my previous articles I emphasized importance of the mental side of fitness. Because in my opinion none of this matters (having strength and muscles) if you look in the mirror and still see the bulky guy from the gym.

The myth of the “bulk up” dude. Where did this come from? I do not know and do not care. *I want you to understand this is not the image you want for yourself.* The gym bro who has his hat backwards, lifting heavy, and grunting like a wildebeest is not the model for strength training. Why? First of all his enormous roid gut. This is not to knock steroids either, I’m not against them since they are put in our medicines like cortisone-anti itch creams. It’s the dude in the mirror who may have super strength but a boxy, butter soft body. An example that comes to mind is power lifter Jesus Olivares.

4. Looks matter

This is a point that should never be forgotten. Forget what your mother told you when you were young that looks don’t matter, because they do. It’s the reason we’re attracted to certain kinds of people over others. It’s the first judgement we make of a complete stranger.

Take for example, you’re crossing the street and on the opposite side you see a wild, dirty, crazy person. Are you going to continue in that direction for long, probably not. And that is because you are judging the other person by how they not only look but how they’re acting as well.

Finally, *you judge yourself the most by how you look* because you have to live with your image twenty-four hours a day. This is why so many people are on anti-depressant medications. The self-image that they’ve created for themselves is hated.

5. We workout to look and feel good

It doesn't get any simpler than that! If people exercised simply to not change the way they look what would be the point? So, of course how we look and feel are directly related and should be nurtured. What I mean is we shouldn't rely on our strength alone to survive in this harsh world. Many people, myself included who have improved their bodies (looks) and feel great (give off great energy) reap the benefits that come along with that.

If you don't accept how you look now and understand with constant dedication and discipline you will look and feel good about yourself in the near future, then others will notice. When this happens doors of opportunities will open and your dreams will become your reality.

6. You need both strength and looks to succeed

As much as people want to disagree, having strength and good looks helps you to succeed much faster over those who don't in almost every area in life. In future articles I will go much further in depth about this topic.

For now get back into the gym. It's never too late to start training again. I know it's tough and I get tired too from an eight hour work day and two hours commute home. But I hop on the trails near my home and run eight miles three times a week in addition to strength exercises. I'm 47 years old. *There's no excuse to not look your best.* I still get compliments. Women say I look a lot younger than I am. And this is because I have dedicated my time and energy to building strength and looking good.