

“A Woman’s Body Built to Move Quicker, Faster and Protects Them Better” Writer: Carol L Brunk, Written in Shepherdstown, WV

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A woman body’s movement is quicker, faster, more protection for a woman so women can get away faster if needed.

Women’s physiological (body) are made for more graceful, quicker movement. The normal alignment of women, the outside the shoulder to the outside of the hip in standing up position with slight to very small indentation to the waist if physically fit for all. This does not mean star athlete but one that takes care of themselves. With smaller shoulders than men, women have less mass on the upper body in the shoulder area. Less mass carries on the female body results in less heart attacks or heart problems. Women have an increase of blood circulation faster throughout the body providing more oxygen faster than a man due to the leaner body mass weight from chest cavity and shoulder along with muscle mass. For female hormones do not inhibit when it comes to large breasted women, they still can move faster with the smaller shoulders – Why? If women have an increase of weight in the shoulders as in a man, in addition to the larger breasts this would also make their movement more awkward and slow them down even more. — Women’s strength was made in the pelvis for child carrying and not upper body strength.

Men are built for strength with upper body mass.

The physiological difference between a male and female the female can move quicker for more protection.

Men don’t move as graceful. Men are built for strength, muscle and power. Many football athletes take ballet lessons to move more graceful to improve on their upper body bulkiness. Grace and quickness on smaller physical built actually protects better when defense for a human needs to move out of the way harm’s way i.e. any object, human, predator, natural disaster conditions, (i.e. flying object, theft, car coming at you out of control, tree fall at you or object flying in the wind out of control that coming at you).

Reference: The Physiological Difference Between Male and Female Runners, Ian McMahan, published Oct 8, 2105 updated Jan 18, 016 at 12:31PM UTC Read more at http://running.competitor.com/2015/10/training/the-physiological-differences-between-male-and-female-runners_136993#ZpvYp9tHO5ODwsl.99