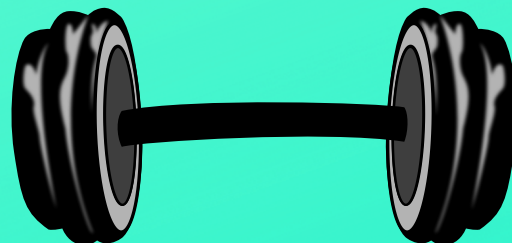


DO YOU KNOW THE
IMPORTANCE OF

GRIP STRENGTH?



- **CHANGES IN GRIP STRENGTH CAN BE AN INDICATOR OF HEALTH.**
- **A DECLINE IN GRIP STRENGTH CAN BE ASSOCIATED WITH DIABETES, FRAILTY, PREMATURE DEATH, AND EVEN COGNITIVE DECLINE.**
- **GRIP STRENGTH IS A PREDICTOR OF OVERALL STRENGTH.**
- **A STRONGER GRIP CORRELATES WITH LOWER RISK OF HEART ATTACK AND STROKE.**

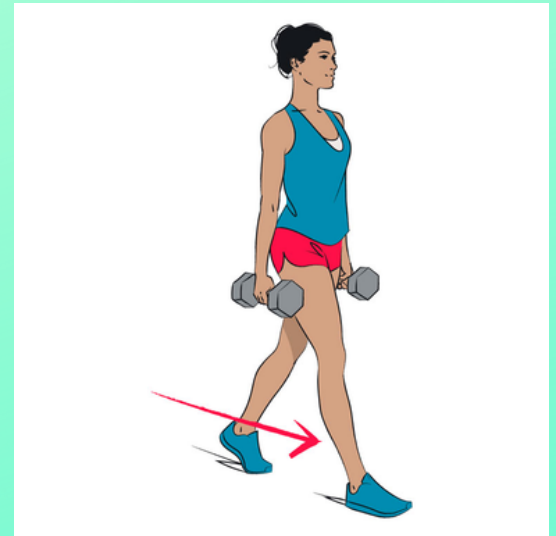


Douglas-Gabriel, Danielle. "Why Grip Strength Is Important Even If You're Not a 'Ninja Warrior'." The Washington Post, WP Company, 8 June 2016, https://www.washingtonpost.com/lifestyle/wellness/why-grip-strength-is-important-even-if-youre-not-ninja-warrior/2016/06/07/f88dc6a8-2737-11e6-b989-4e5479715b54_story.html.
Kluwer, Wolters, and Meir Magal . "Chapter 7." ACSM's Fitness Assessment Manual , edited by Yuri Feito , 6th ed., American College of Sports Medicine, pp. 123–123.

Exercises to Improve Grip Strength

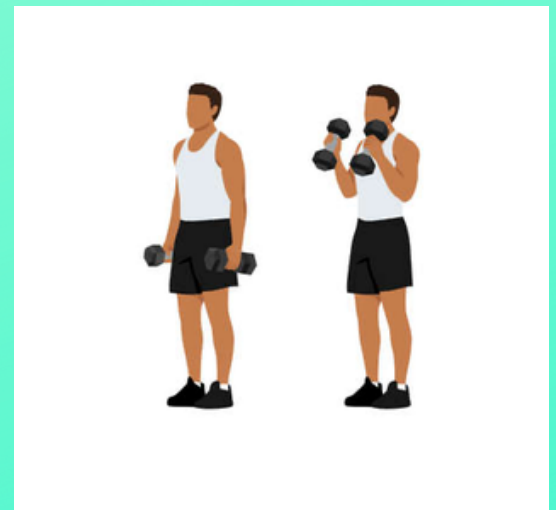
FARMER'S CARRY:

CARRY DUMBBELLS OR KETTLEBELLS ON THE SIDE AND WALK BACK AND FORTH.



HAMMER CURL:

HOLD DUMBBELLS AT YOUR SIDE BEND AT THE ELBOWS LIFTING THE WEIGHTS TO YOUR ARMPITS WITH ELBOWS TUCKED IN.



KETTLEBELL GRIP HOLD:

GRAB A SMALL KETTLEBELL THAT YOU CAN HOLD IN ONE HAND ON THE BASE AND HOLD FOR 30 SECONDS OR LONGER.

