

# Get A Grip!



## ***Hand grip strength is important!***

There are studies showing the strength of your grip is a reflection of how much muscle mass you have and even says something about your overall health. Physical therapists measure grip strength using a hand-held dynamometer.

For the month of February you can come to the front desk of FIT@PRC and we'll test yours for free and compare it to norms in your age group.

## **Poor handgrip strength in midlife linked to cognitive decline\***

\*A large study published online June 23, 2022, by JAMA Network Open found that poor handgrip strength in midlife was associated with cognitive decline a decade later. More than 190,000 dementia-free men and women (average age 56) were involved in the study and followed for at least 10 years. Participants took tests that measured handgrip strength...

**\$25  
gift card**

**for the top male  
and female grip  
strength score!**