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.**


Exercises to Improve Grip Strength

**FARMER'S CARRY:**
CARRY DUMBBELLS OR KETTLEBELLS ON THE SIDE AND WALK BACK AND FOURTH.

**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.