

What your grip strength may say about your health

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Featured topic

Could a simple squeeze reveal something important about your health? We take a dynamometer to the streets and test people's grip strength to see how they compare to average scores for their age and gender.

Many studies have shown that grip strength may be an indicator of overall health and even longevity. It's a quick and easy measurement that can provide useful information to discuss with your doctor.

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Transcript

Speaker 1: One, two, three.

Voiceover: Grip strength is about more than just how hard you can squeeze. It takes less than a minute to measure, but many studies have shown that grip strength is a good indicator of overall health and even longevity.

Speaker 1: OK, so you're going to hold it at your side.

Voiceover: It's not a crystal ball, but it can give you some good information to share with your doctor. Today, we're taking this dynamometer to the streets to find out more about people's grip strength and how they rate against the average.

Speaker 1: 99.4.

Speaker 2: OK, good.

Speaker 1: Let's go, big dog.

Voiceover: Here's how you do the grip strength test. Make sure your arm is at a right angle and relax your shoulders. Squeeze, hold, and then repeat. Make sure not to make any sudden movements. Then check your score against the average for your age and gender. And the good news, with regular activity and a few simple exercises, you can maintain and even improve your grip strength over time.

Speaker 1: 64.2. That's pretty good.

Voiceover: Don't overlook the power of your grip. Sometimes a small measure of strength can tell us a lot about the bigger picture of our health.

Disclaimer: This video is for educational purposes only and is not medical advice. If you have questions about your health, please consult your doctor.