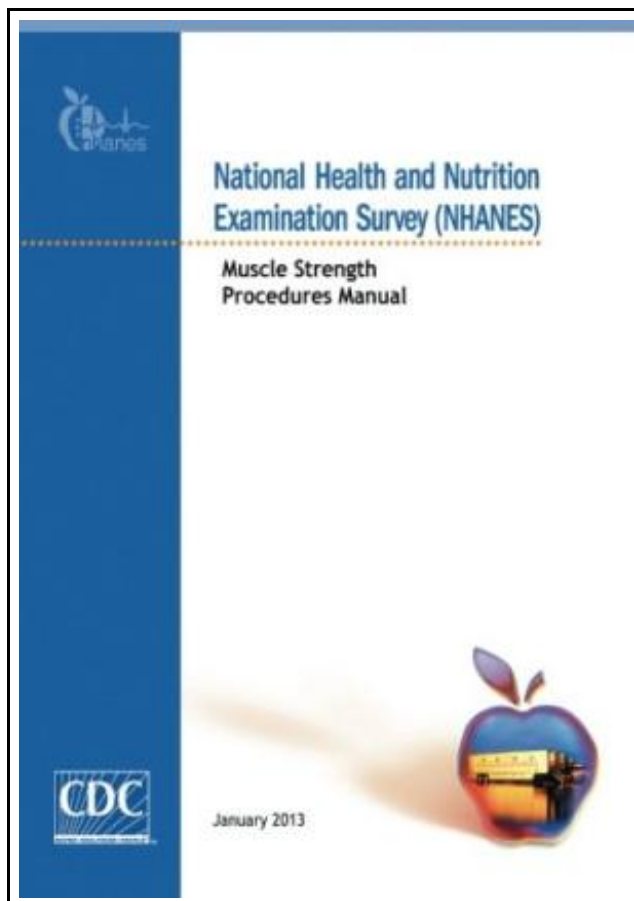


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Createspace, United States, 2014. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.In October 2008, the Federal Government issued its first-ever Physical Activity Guidelines for Americans to provide science-based guidance on the types and amounts of physical activity that provide substantial health benefits for Americans. The Guidelines recommend that adults complete muscle strengthening activities in conjunction with general recommendations to obtain 150 minutes or more of physical activity. Similar guidelines exist for school-age children. Muscle strength refers to the maximum force that can be generated by a specific muscle or muscle group. Recent studies indicate that higher muscular strength was significantly and inversely associated with overall mortality rates and morbidity and mortality due to various chronic diseases. These associations have been demonstrated to be independent from other major risk factors and cardiorespiratory fitness. The NHANES muscle strength component is developed in collaboration with the National Cancer Institute (NCI). The goals of this component are to provide: (1) nationally representative data on muscle strength; (2) prevalence estimates of persons with poor muscle strength; and (3) data to study the association between muscle strength and other health conditions and risk factors, such as obesity, cardiovascular disease, diabetes, hypertension, and activity and dietary patterns. One of the most common methods of measuring muscle strength is the isometric grip strength test. We will measure isometric grip strength using a handgrip dynamometer. The participant will be asked to squeeze the dynamometer as hard as possible with each of his or her hands in a standing position.



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