



How strong your grip is could be one of the indications to a long life, say scientists.

There are nine important factors that provide a clue to why some people live longer than others - low blood pressure, low blood sugar levels, low levels of bad cholesterol, not drinking excessive alcohol, keeping down the weight, not smoking, having a strong grip, a high level of education and being married.

A 40-year study conducted by researcher Bradley J. Willcox and colleagues of the Pacific Health Research Institute and Kuakini Medical Center in Honolulu came to the conclusion that the nine factors were the keys to a healthy long life.

Grip strength, which can be measured by a test, is a strong indication of upper body strength, the researchers said in a study published in the current issue of the Journal of the American Medical Association.

This is consistent with theories of aging that suggest that better-built organisms last longer and that physiological reserve is an important determinant of survival, and may also be a marker of physical fitness.

The researchers had studied 5,820 Japanese-American middle-aged men with an average age of 54 in Honolulu, Hawaii, reported health portal News Medical.

It examined potential biological, lifestyle and socio-demographic risk factors present at middle age to identify risk factors for healthy survival.

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