Make a Gift - Wellness Institute

Your donation to the Wellness Institute will help us research preventive healthcare, teach health and wellness through community outreach and continue to provide access to integrative medicine practices that address the whole patient. Cleveland Clinic depends on gifts like yours and we very much appreciate your generosity.

NuttyRiceBucket.org

1. Sasaki H, Kasagi F, Yerem M, Fuji S: Grip strength predicts cause-specific mortality in middle-aged and elderly persons. Am J Med 2002; 113:337-342. In this study of 4912 people, 1695 men and 3217 women aged 35-74 baseline, multivariant, and age adjusted relative risk of all causes of death for the highest quintile of grip strength in men was 0.52, confidence interval 0.33-0.80, for the age group 35-54, 0.72 and for the ages 55-64, 0.67. These relative risks held for both men and women. Multivariant adjusted relative risk of all causes of death except external causes for each kg of grip strength was significantly lower, relative risk 0.89, 95% confidence interval 0.86-0.92 for men and 0.87 for women.

2. In the second study, by Gale CR, Martin CN, Cooper C, Sayer AA: Grip Strength, body composition, and mortality. Int J Epidemiology 2007; 36:228-235, poor grip strength was associated with increased mortality from all causes, after adjustment for potential confounding factors including arm muscle area and BMI. The relative risk of death was 0.81 with 95% confidence interval 0.70 to 0.95 for all causes per standard deviation increase in grip strength. These associations remained statistically significant after further adjustment for fat free mass or percent body fat in this study of 1775 people. These multivariant analyses included age, height, social class, smoking, reported changes in weight, daily calorie intake, physical activity, diagnosed disease at baseline and remained significant per standard deviation increase in group strength about 0.73 in men but non significant in women.


Visit our website for outtakes from The OZ Show.
Instructions

In a "nutshell", Dr. Roizen’s Nutty Rice Bucket Challenge is a fun way for friends and colleagues to roll up their sleeves, test their grip strength and win a prize! This friendly competition challenges participants to plunge their arm into a bucket filled with rice (it is tougher than it seems!) and pull a walnut pack up to the surface in the fastest time possible. The goal is less than 15 seconds. Challenge kits are available on our website: NuttyRiceBucket.org.

Set up the challenge:

1. Watch the challenge videos on our website: NuttyRiceBucket.org.
2. Find a great space to accommodate the challenge with space for friends to watch, cheer and take pictures!
3. Each kit contains everything needed with the exception of the rice which will need to be purchased separately – 60 pound bags of long grain rice can be found at wholesale clubs.
4. Spread the tarp out and place the three buckets on top of the tarp. Place 5 (1-ounce) bags of walnuts in the bottom of two of the buckets. (Additional bags can be ordered on our website)
5. Fill one bucket with uncooked long grain rice up to the 25 pound line for women, and a second bucket to the 30 pound line for men. (The third bucket is a “dump bucket” which allows event leaders to easily start the competition over by adding new bags of walnuts and dumping the rice from either the women’s or men’s bucket on top)
6. Prepare a stopwatch or smart phone timer to time each participant’s turn.

Get started:

1. Remind participants to take off coats and remove jewelry on the hand they intend to plunge into the bucket.
2. It’s always fun to film each challenge try, and post the videos on YouTube.
3. Start the timer and dive in! Pull up the walnuts, stop the timer and record the time. Can’t do it in 15 seconds or less? Keep practicing and try again.
4. Enjoy those brain and heart-healthy walnuts. (Remember, everyone’s a winner when it comes to improving grip strength – all participants deserve a bag of walnuts for giving the challenge their best shot!)

Next Steps:

1. Spend 5 minutes a day practicing with the rice bucket to improve grip strength.
2. Share Dr. Roizen’s Nutty Rice Bucket Challenge with friends and colleagues – host an event or post your photos and videos on social media.
3. Make a difference – donate to the Cleveland Clinic Wellness Institute to support wellness research and community outreach.

The Science Behind the Challenge

Move over weight, blood pressure and cholesterol! Several studies\(^\text{1,2,3}\) indicate that grip strength may predict the risk of disability and even death—literally anticipating the rate of aging—better than the traditional markers of health. Michael F. Roizen, MD, Cleveland Clinic’s Chief Wellness Officer has long been interested in how people can change their rate of aging. Doctors are still working to understand the association between grip strength and the incidence of disability and death. Actively improving grip strength may slow the rate of aging. Interesting early statistics look promising in helping medical professionals identify, track and change patient behavior to treat preventable conditions.

Walnuts

Walnuts are portable, healthy and satisfying and they provide the body with plenty of vitamin E, manganese, copper - and are the only nut with appreciable omega-3 fatty acids. There is plenty of research supporting the many health benefits of walnuts. In studies, they were shown to decrease the risk of heart disease, stroke, impotence, mental dysfunction, wrinkles and breast cancer to name only a few. Walnuts have also been shown in studies to help reduce stress!

History of the Rice Bucket

Various gizmos such as squeeze balls and grippers have been used to help people improve their grip strength, and two dynamometers (Jamar and Camry—not the car) have been used to measure grip strength in arthritis practices. However, the Rice Bucket is often used by those who really depend on grip strength for their livelihood or safety... It turns out a 5 gallon bucket filled with uncooked long grain rice is one way pole vaulters, rock climbers, and defensive linemen in the NFL strengthen their grip! The Nutty Rice Bucket Challenge utilizes this fun activity to spread the word about grip strength while giving participants’ muscles a workout.

Citation: Dodds RM, Syddall HE, Cooper R, Benton M, Darby L, Dennison EM, et al. (2014) Grip Strength across the Life Course: Normative Data from Twelve British Studies. PLOS ONE 9(12): e113637. doi:10.1371/journal.pone.0113637

Citation: Dr Darryl P Leong, PhD, Prof Koon K Teo, PhD, Sumathy Rangarajan, MSc, et al. Prognostic value of grip strength: findings from the Prospective Urban Rural Epidemiology (PURE) study. The Lancet Volume 386, Issue 9990, Pages 266-273 (July 2015). DOI: 10.1016/S0140-6736(14)62000-6

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