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in Active and Sedentary Older Women

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**Relationship Between Hand Grip Strength and Endurance and Postural Stability in Active and Sedentary Older Women**

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**Abstract**

Physical activity, muscle strength and the ability to maintain postural stability (PS) are important for well-being in old age. Therefore, the first aim of this study was to assess the contractile abilities of the hand muscles (CAHM) in physically active (PA) and sedentary (SED) older

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