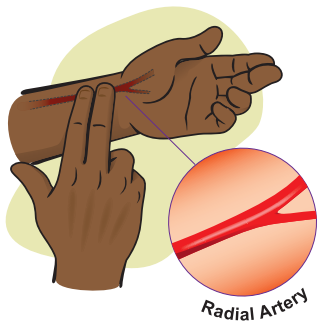
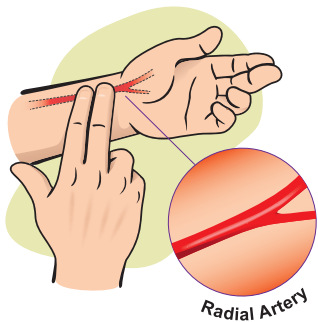
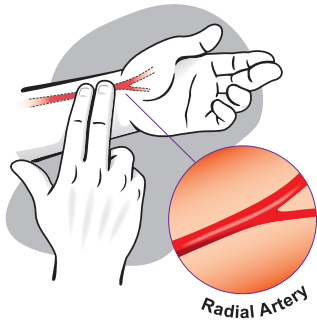
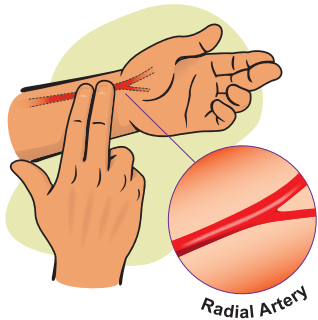


# TAKE YOUR PULSE



When your heart beats, blood is pumped to all the parts of your body through blood vessels called arteries and veins. Arteries carry blood away from your heart while veins bring blood back to your heart.

When an artery lays over a bone you can press a finger against your skin to feel the blood pumping. This is called your PULSE. It is a measure of how fast your heart is beating. A typical resting pulse rate is about 70-80 beats per minute.



Find your pulse by pressing your first two fingers against the underside of your wrist, below the thumb as shown.

You do not have to count the beats for a full minute though. Count the beats in 6 seconds and then multiple that by 10 to get your beats per minute.

## GIVE IT A TRY

RESTING RATE:

\_\_\_\_\_ beats in 6 seconds x 10 = \_\_\_\_\_ beats in 60 seconds (one minute)

Now do 5 jumping jacks and take your pulse again.

SECOND HEART RATE:

\_\_\_\_\_ beats in 6 seconds x 10 = \_\_\_\_\_ beats in 60 seconds (one minute)

Quickly do 10 more jumping jacks and take your pulse again.

THIRD HEART RATE:

\_\_\_\_\_ beats in 6 seconds x 10 = \_\_\_\_\_ beats in 60 seconds (one minute)

Quickly do 15 more jumping jacks and take your pulse again.

FOURTH HEART RATE:

\_\_\_\_\_ beats in 6 seconds x 10 = \_\_\_\_\_ beats in 60 seconds (one minute)

# TAKE YOUR PULSE

PULSE (number of beats per minute)

170				
160				
150				
140				
130				
120				
110				
100				
90				
80				
70				
60				
50				
40				
30				
20				
10				
0				
	Resting	5 jumping-jacks	15 jumping-jacks	30 jumping-jacks

Pulse 1 \_\_\_\_\_

Pulse 2 \_\_\_\_\_

Pulse 3 \_\_\_\_\_

Pulse 4 \_\_\_\_\_

Using your four pulse rates and the chart on the left, draw a bar graph of the results of exercise on your pulse rate.

# TAKE YOUR PULSE

PULSE (number of beats per minute)

170				
160				
150				
140				
130				
120				
110				
100				
90				
80				
70				
60				
50				
40				
30				
20				
10				
0				
	Resting	5 jumping-jacks	15 jumping-jacks	30 jumping-jacks

Pulse 1 70

Pulse 2 85

Pulse 3 95

Pulse 4 100

Using your four pulse rates and the chart on the left, draw a bar graph of the results of exercise on your pulse rate.