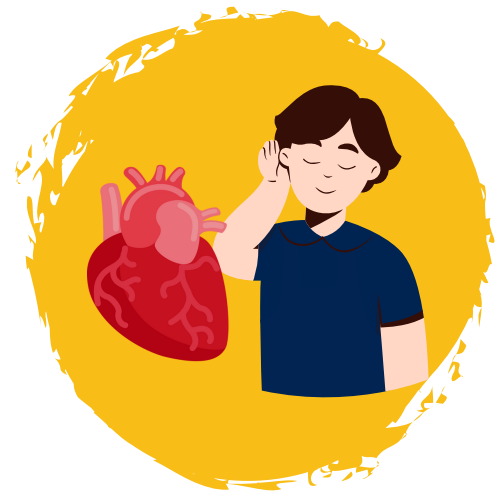


Checking in with your **HEART**



HOW and WHY to calculate your heart rate

Knowing how quickly your heart is beating gives you information about how hard your heart is working to pump blood to your whole body.

Follow these steps to calculate your heart rate or the heart rate of a friend or family member!

You will need:



A stopwatch or clock



A piece of paper and pencil



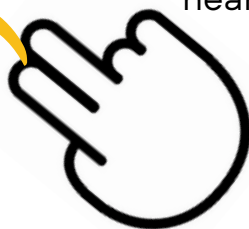
A calculator (*optional*)



Place two fingers on the inside of the wrist ★ at the base of the thumb.

Apply light pressure.

You will feel your pulse - the result of your heart beating!



Count how many pulses ("beats") happen in a 30-second time period. Write down this number, and **multiply** it by 2.

This is your heart rate in "beats per minute"!

Expanding your horizons...

Measure your heart rate while resting and lying down... and again after doing a physical activity like jumping jacks.



What is the effect of exercise on your heart rate?

