

Heart Rate Ramp Up

Your heart rate, or “pulse,” is the number of times your hear beats per minute. To find your resting heart rate, feel your neck for your pulse. Use the timer, and count how many times your heart beats in 60 seconds.

_____ Heartbeats in 60 seconds = Resting Heart Rate

How do you think your heart rate will change when you go from resting, to an activity, then back to resting?

Activity	Heart Rate after 30 seconds of activity	Heart Rate after 60 seconds of activity
Walking in Place		
Jogging in Place		
Jumping Jacks		
Resting (after exercise)		

1. Which activity made your heart beat the fastest?
2. Which activity made your heart beat the slowest?
3. Which activity do you think is the healthiest for your heart? Why?