

**Project Heart**  
 Activities for the Classroom

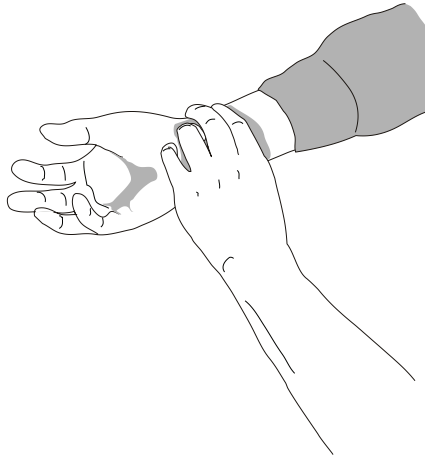
Your pulse tells you how fast your heart beats. The more you exercise, the faster your heart beats (and the faster your pulse beats).

Find your pulse by counting the number of beats within a 10-second period and multiplying the number by six. The answer equals the number of heartbeats in a minute.

Use the graph to chart how fast your heart beats after exercising. Place an "X" in the square closest to the number of beats you count after walking, jogging, and skipping.

# EXERCISE

## TAKING YOUR PULSE



Radial Pulse



Carotid Pulse

200				
190				
180				
170				
160				
150				
140				
130				
120				
110				
100				
90				
80				
70				
	Sitting	Walking	Jogging	Skipping