

Taking Your Pulse Worksheet

Instructions

Use the radial pulse (wrist) or the carotid pulse (side of your neck). The radial pulse can be found on your wrist just below your thumb where your watch would be

- Use two fingers and place them on the area. When you are in the right spot, you will feel a pulsing movement – this is your pulse
- Count the number of pulse you feel in 10 seconds
- Write down the number in the equation written below and then multiply the number by 6 for the number of beats per minute

1. Take Your Resting Heart Rate

Resting Heart Rate: _____ (10 second count) X 6 = _____ beats/minute

2. Move your feet for 5 minutes.

3. Take your Active Heart Rate (jogging on the spot; remember to keep your feet moving while taking your pulse to keep your heart rate from dropping)

Active Heart Rate: _____ (10 second count) X 6 = _____ beats/minute

Being active is good for my body because: _____

I should be physically active for at least _____ minutes _____ days a week

Find two diseases or conditions that affect the heart that are associated with not enough physical activity?

What happens to our muscles and bones when we do not use them over a period of time?

What are some common problems associated with lack of flexibility?



