

# HEART RATE and EXERCISE







There are 4 types of exercise:

**Stamina:** Cardio exercises such as running, swimming or dancing, affect your heart and lungs by getting your heart to beat faster your lungs to breathe harder.

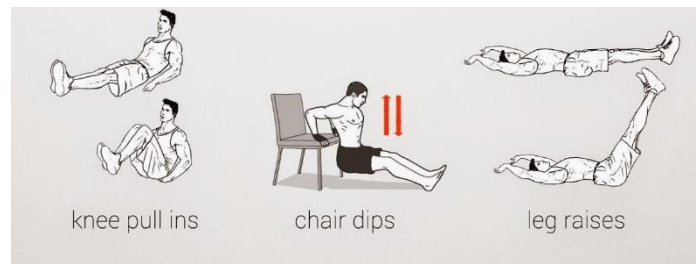
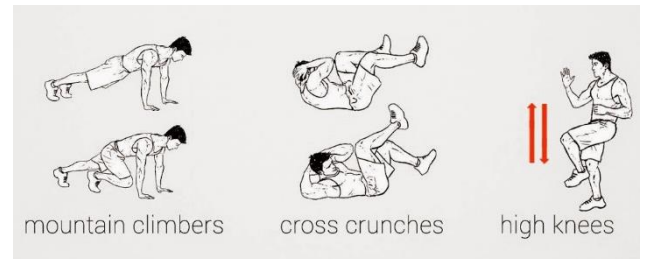
**Balance:** Balance exercises improve your ability to control your body's position.

**Strength:** Strength exercises such as crunches, push-ups and weightlifting, build power in your muscles, helping them to work harder and for

**Flexibility:** Flexibility exercises improve the way your body moves by stretching your muscles.

<p><b>Cardiovascular</b></p> 	<p><b>Strength</b></p> 
<p><b>Flexibility</b></p> 	<p><b>Balance</b></p> 

All stamina exercises are good for the **Circulatory System**. However, some exercises make your heart work harder than others.



You can measure your heartbeat by measuring your pulse. Your pulse is also known as your heart rate. It is the number of times your heart beats in a minute. You can measure it by taking your pulse for a minute, or count for 30 seconds and multiply by 2.

### Tips for finding your pulse:

- Use your index and middle fingers to find your pulse.
- Press gently and lightly. If you press too lightly or too firm you will not be able to detect your pulse.
- Do not use your thumb. Your thumb has its own pulse that you may feel which would affect your results.

1. Find your pulse in your neck by pressing your fingers on the side of your neck. This should be the soft hollow next to your windpipe.
2. Find your pulse in your wrist by holding out one of your hands with your palm facing upwards and your elbow slightly bent. Put your fingers on the inside of the wrist at the base of the thumb of the hand facing outwards.



Investigating how different types of exercise change our heartbeat

Prediction

Push ups

Jumping Jacks

Knee Highs

Mountain climbers

Side steps

Type of Exercise	Heart rate (beats per minute)		
	Start	End	Change
Push ups			
Jumping Jacks			
Knee Highs			
Mountain climbers			
Side steps			

Conclusion