

Name: _____

Period: _____

Date: _____

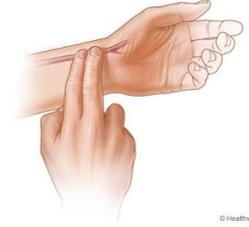


Activity: Finding Your Pulse

Finding your Pulse...

Every time your heart beats, a surge of blood expands the blood vessels of your body. This can best be felt in two places on the body, the wrist and neck. Try them both to see which works best for you.

- I. Wrist: Located at the radial artery, at the base of either thumb. The pulse in your wrist is best felt with the pads (not the tips) of two or three fingers of the opposite hand.



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- II. Neck: The carotid pulse is located at the carotid artery, on either side of the windpipe. The pulse is most easily located using the right middle finger on the left carotid artery or vice versa.



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Recording your Pulse Rate...

Pulse rate is another way of saying Heart Beats per Minute (BPM). Now, count the amount of pulses you feel in 10 seconds. After recording this number multiply it by 6 in order to determine how many times your heart has beaten in 1 minute. Wait one minute before taking your pulse a second time a repeat again a third time.

- Trial 1- (amount of pulses in 10 sec.) _____ x 6 = _____ per minute
- **Rest one minute**
- Trial 2- (amount of pulses in 10 sec.) _____ x 6 = _____ per minute
- **Rest one minute**
- Trial 3- (amount of pulses in 10 sec.) _____ x 6 = _____ per minute

Your results should be similar for each trial but we need to get an average of all our attempts. To find the average resting heart rate you add all of your trials and divide by the amount of trials.

My average heart rate (at rest) is: _____ beats per minute.

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Activity: Target Heart Rate Zones



Aerobic Workout

Each workout should consist of at least a 5 minute warm up, 20-30 minutes of aerobic (cardiovascular) activity, which is followed by at least 5 minutes of cool down. The warm up serves as a safe way to gradually increase your heart rate, which prepares your circulatory, muscular and respiratory systems for the aerobic activity. It can also help prevent injury to muscles, ligaments and joints.

The aerobic activity or training period should be done for at least 20-30 minutes within your **target heart rate zone** in order to gain the most and safest improvement to the cardiovascular system.

Upon nearing the end of your aerobic activity you should gradually lower your exercise intensity before stopping. This period of cool down allows your circulatory, muscular and respiratory systems (which have been working at 65-85% of their maximum heart rate level) to return to normal. This can help prevent dizziness, faintness and nausea.

Determining your Target Heart Rate Zone

STEP

1. Subtract your age from 220... 220
Equals your maximum heart rate (MHR) age → - _____

2. Multiply MHR by: .65 (65%) _____
.85 (85%) _____

3. These numbers identify your **target heart rate zone**, which is:

From _____ beats per minute (bpm) to _____ bpm.

EXAMPLE: A 19 year-old college student.

I. $220 - 19 = 201$ bpm (MHR)

II. $201 \times .65 = 131$ bpm
 $\quad \times .85 = 171$ bpm