

Check Your Heart Rate

Merrin and Pearl love to check their pulse. Your pulse is your heart rate or the number of times your heart beats in one minute. Be a detective and see how your heart rate changes before and right after you exercise! You might want an adult to help you at first.



How to take your pulse:

1. Place the tips of your index, second, and third fingers on the palm side of your opposite wrist, directly below the base of your thumb.
2. Press lightly with your fingers until you feel the blood pulsing beneath your fingers. You may need to move your fingers around until you feel it.
3. Use a watch or a clock with a second hand.
4. Count the beats you feel for 10 seconds. Multiply this number by six to get your heart rate or pulse per minute.

Check your pulse while resting: _____ x 6 = _____
(before exercising) (beats in 10 seconds) (your pulse)

Check your pulse right after exercising: _____ x 6 = _____
(beats in 10 seconds) (your pulse)