

TAKE YOUR HEART RATE

INSTRUCTIONS

Quickly choose an aerobic activity. Perform that activity for 30-40 seconds then check your pulse on either your wrist or neck.

BPM CALCULATION

count number of beats for 10 seconds and multiply that by 6.

VIGOROUS ACTIVITY

Running
Swimming
Shoveling
Soccer
Jumping rope
Carrying heavy loads

MODERATE ACTIVITIES

Walking briskly
Bicycling
General gardening
Dancing
Golf
Swimming

WHICH ACTIVITY HAD MORE EFFECT ON YOUR HEART?

- **Vigorous** physical activities like running, riding bikes, swimming and jumping jacks strengthen your heart and greatly increase your pulse!
- **Moderate** physical activities like walking briskly, yard work and shooting baskets are good but do not improve your aerobic fitness.

