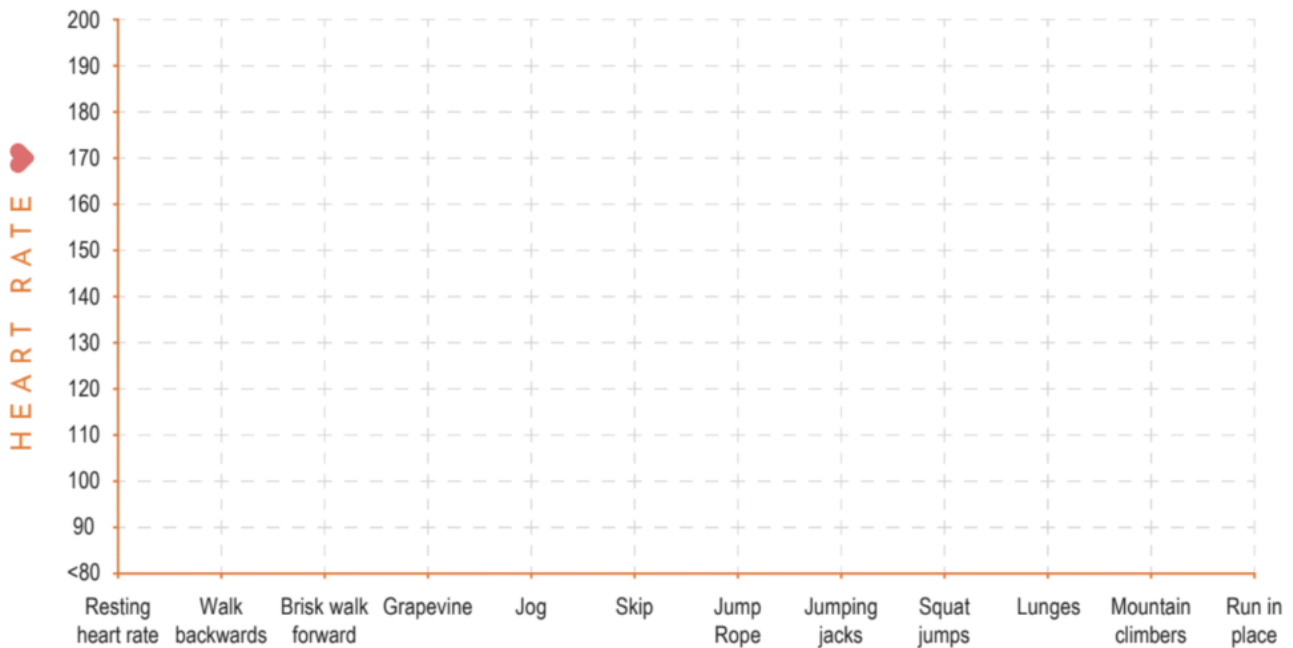


Before participating in the activities, record your resting heart rate:

You will now participate in each of the activities listed on the graph for 1 minute. After each activity, quickly locate your pulse and count your beats for 6 seconds. Multiply the number of heartbeats you counted by 10. This is your BPM on the graph. After the cool down walk, your heart rate was



Look at the pattern that developed on your personal Cardio Graph as you charted your heart rate for each activity

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Discussion

1. How does exercise affect your heart rate?
2. What could you have done to increase your heart rate?
3. What could you have done to decrease your heart rate?
4. Did you give your best effort? Why or Why not?