Why exercise?...for the health of it!

Consider how many times your heart beats in a day: [ ] (estimate)

Record a RESTING HEART RATE: [ ] beats/minute
(Count for 6 seconds and add a zero)

Multiply this number by 60 minutes: [ ] beats/hour

Multiply this number by 24 hours: [ ] beats/day

Since your muscles require more oxygen from the blood when you exercise, the heart must pump faster.

Record an EXERCISING HEART RATE: [ ] beats/minute

After you finish exercising, your heart will gradually return to its resting speed. The better condition your heart is in, the faster it will return to normal.

Record a RECOVERING HEART RATE:
...after 3 minutes: [ ] beats/minute

...after 6 minutes: [ ] beats/minute

Although your heart rate increases when you exercise, regular exercise decreases your resting heart rate. This allows your heart to work more easily or efficiently. Your heart beats fewer times, but pumps more blood per beat.

So...keep on exercising!

© S. Henkel, 2006