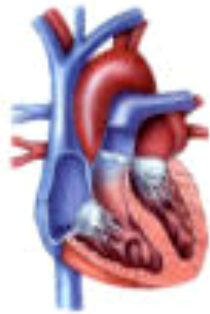


\_\_\_\_\_  
Name

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

Consider how many times your heart beats in a day:

(estimate)



Record a **RESTING HEART RATE:**  
(Count for 6 seconds and add a zero)

beats/minute

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!

