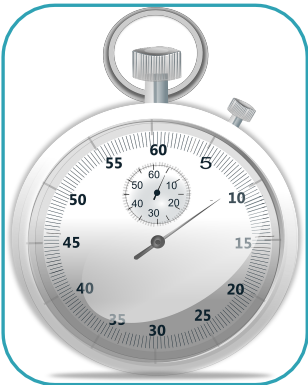




Learn about blood pressure and pulse.

Measure your resting pulse then complete three types of exercise. After each type of exercise measure and record your pulse rate, add the information to the bar chart, then answer the questions.



Stretch:
Accurately take and record your resting and active pulse rate.

How to check your pulse

You can check your pulse on your wrist or neck amongst other places. The easiest is usually on your wrist. Place two fingers between the bone and artery on the side of your wrist nearest the thumb. Once you can feel the pulse throbbing, count the amount of beats in 30 seconds, and multiply by 2.

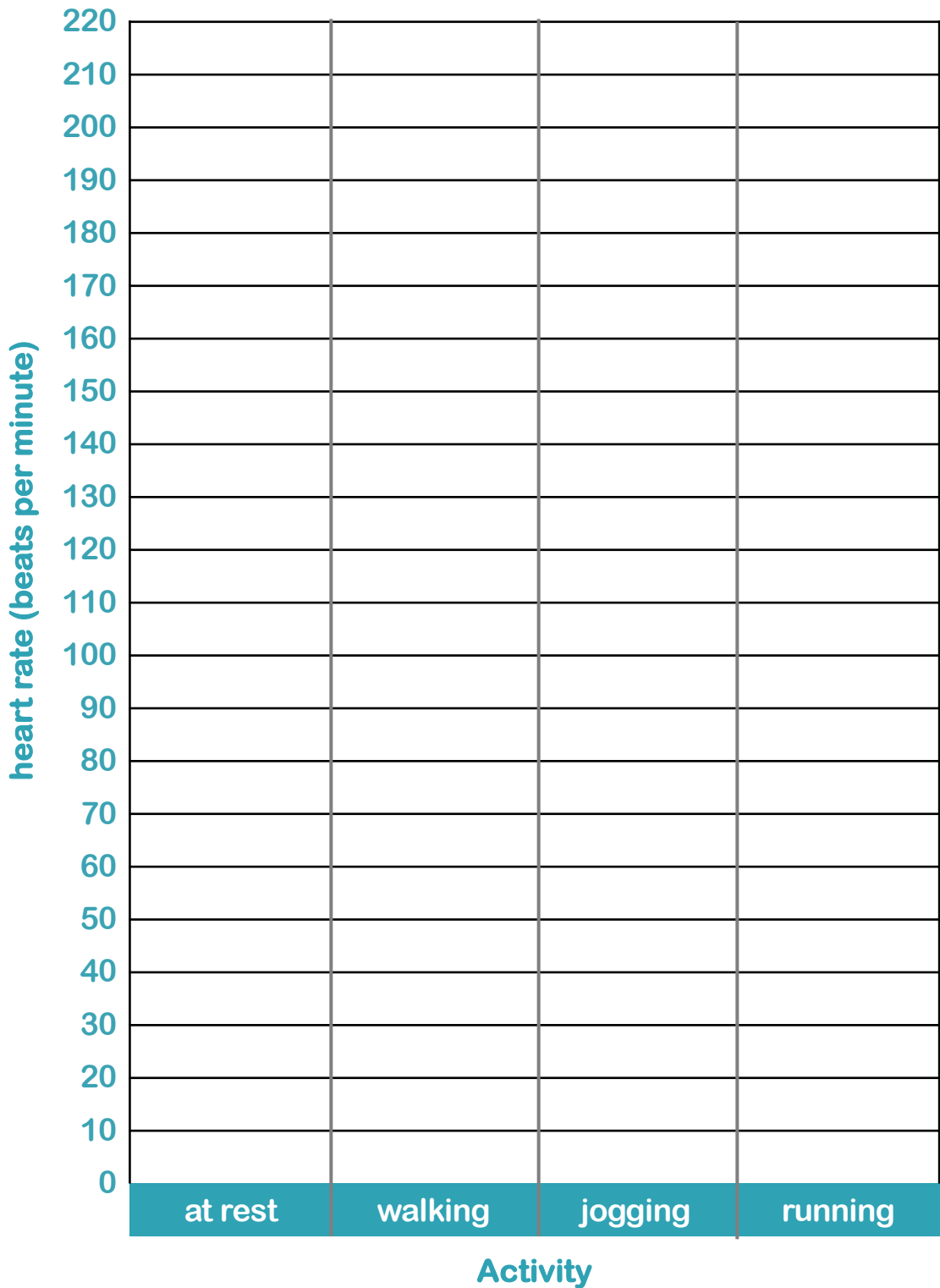
Challenge:
Take and record your resting and active pulse rate.

activity	heartbeats in 30s	beats per minute
resting for 1 minute		
walking for 1 minute		
jogging for 1 minute		
running for 1 minute		



Learn about blood pressure and pulse.

Complete the bar chart to show your heart rate for the different activities.





Learn about blood pressure and pulse.

Measure your resting pulse then complete three types of exercise. After each type of exercise measure and record your pulse rate then answer the questions.

Explain what high blood pressure is and how it can be caused?

What kind of habits or lifestyle choices might cause high blood pressure?

Stretch:
Accurately
take and
record your
resting and
active
pulse rate.

Challenge:
Take and
record your
resting and
active
pulse rate.

How can you calculate or measure your blood pressure?

In what ways can people control their blood pressure?
