



Name: _____

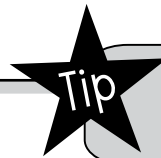
Date: _____

Instructions: Perform each activity for 30 seconds, 1 minute, and 3 minutes. After each time period, take your pulse and record that number in the chart below. Then, answer the questions.



Heart Rate Data Table

Activity	30 Seconds	1 Minute	3 Minutes
Using the Computer			
Climbing Stairs			
Jumping Rope			
Running			
Walking			



To take your pulse, count your heartbeats for 30 seconds and multiply that number by 2.

- Which activity made your heart beat the fastest?
- Which activity made your heart beat the slowest?
- What's the difference in your pulse between 3 minutes of running and 3 minutes of using the computer?
- Which activities do you think provided the greatest health benefits? Do you think you could do these activities for 30 minutes? Why or why not?
- Which activity did you enjoy the most? The least?
- Estimate how much time per day you spend doing things while sitting.
- Estimate how much time per day you spend doing things that involve moving around.