

Your heart rate, also called your pulse, is the number of times your heart beats every minute. You can measure your pulse by placing your finger on your wrist, inside the elbow, the side of the neck, or the top of the foot.

### Task # 1

To check your pulse at your wrist, place your index and middle finger on your artery — which is located on the thumb side of your wrist. When you feel your pulse, count the number of beats in 15 seconds. Multiply this number by four to calculate your beats per minute. Write it down in the table below.



### Task # 2



Let's do ten squats, and then measure your pulse! Write your pulse after the exercise in the table below.

**Task # 3** Count the difference between the pulse before you did the exercise and after.

PULSE before the exercise		PULSE after the exercise		The difference - beats per minute
15 seconds	1 minute	15 seconds	1 minute	