

Exercise and Your Heart Beat

What you need

Stop watch or timer - but you can still complete this task without it.

What you do

Feel for your pulse and listen to the rhythm of your heart beat, count the beats in 1 minute if you like.

Next do **star jumps** or **fast running on the spot** or **burpee's** for 1 minute.

Feel for your pulse again - count the beats if you did this pre-exercise.

Does your heartbeat sound THE SAME or FASTER or SLOWER?



What is happening

When you are exercising the muscles around your body are working harder and need more oxygen - the **heart has to pump faster** to get more oxygen to them.

