

**Project Heart**  
**Activities for the Classroom**

You know that your heart is a muscle that pumps blood through your body. But did you know that you can feel the beat of your heart when you touch your wrist? This is called your pulse.

Lightly press your first and second fingers across your wrist. You'll be able to feel your pulse just below your thumb.

Your pulse tells you how fast your heart beats. The more you exercise, the faster your heart beats (and the faster your pulse beats).

Use the graph to chart how fast your heart beats after resting and exercising. Place an "X" in the square closest to the number of beats you count after sitting, walking, running, and jumping.

# EXERCISE YOUR PULSE

