

NURSES

Measure Your Heart Rate

Did you know you could take your heart rate with no equipment? Put your finger against the inside of your wrist. Or put it on the side of your neck, just below your jaw. Can you feel your heart beat? Measure how many beats pass in one minute. This is your resting heart rate. Then try the activities below. Measure your heart rate after each one. How does it change?

Activity	Heart Rate
Resting	
Running	
Jumping	
Push-ups	
Sit-ups	
Laying down	

