

RATE YOUR PULSE

Material:

watch or mobil phone

1. Rest few minutes.
2. Then press your fingers on your wrist. This is called taking your pulse.
3. Using a watch, count how many beats you have in one minute. This is your pulse's resting rate.
4. Then run on the spot for 5 minutes.
5. Now sit down and take your pulse for one minute again.
6. You can take it every 3 minutes until it returns to your resting rate.



