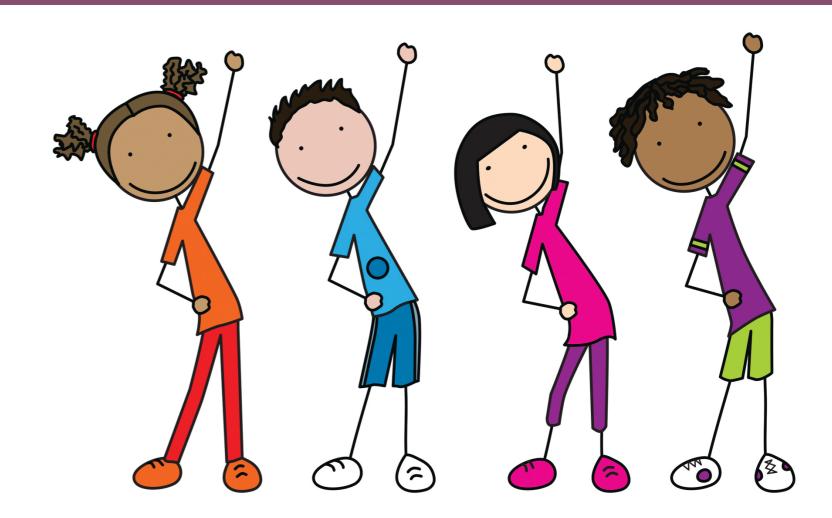
Work it, baby!

Get your heart pumping!

Aerobic exercise is an activity, like swimming, dancing, or jumping, that requires continuous physical effort and gets your heart pumping faster.



More oxygen going to the brain means new brain cells!



Your **heart rate** is the number of **times per minute** that your **heart beats**.

An active body needs more oxygen-filled blood. So the heart works harder and pumps faster to produce the oxygen-rich blood the body needs.

How to check your heart rate



Place two fingers either under your jawline next to your esophagus or on the inside of your wrist.



Count the beats for 15 seconds and then multiply that number by 4.

Check your heart rate while sitting then after jumping in place for 30 seconds.

How much did it change?

X 4 = BEATS PER MINUTE (BPM)



