

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

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



2 **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)**