

# Restart a Heart education resource

## Feel a heart in action

### How to feel for a pulse

You can feel a pulse in a number of places on your body but the pulse-point most people use is in your wrist.



### How to take your pulse

1. Hold out one of your hands in front of you with your palm upwards.
2. Press your first two fingers of your other hand on the inside of your wrist at the base of your thumb.
3. Press against your skin lightly until you feel your pulse under your fingers, you may need to move your fingers around a little if you don't feel it at first.
4. Using a stopwatch, count your pulses in six seconds and multiply by 10 or count it in 10 seconds and multiply by six to get your heart rate.



**Don't take your pulse using your thumb as it has its own pulse!**

## Feel a heart in action

Rank the following activities in terms of which would produce the lowest to the highest heart rate. Then complete the activities and see if your predictions were correct.

Activity	Predicted rank (1 - lowest / 6 - highest)	Actual rank (1 - lowest / 6 - highest)
At rest - sitting		
Standing		
Running on the spot for 30 seconds		
Jumping on the spot for 30 seconds		
Turning in a circle for 30 seconds		
Meditate		

### What happened?

Exercise makes your heart beat faster. When your body is working harder, you need a steady blood supply. Our hearts provide blood to all parts of the body, even our brains! When we exercise, it also exercises the heart!

Your heart has to work a lot harder to pump blood while you are exercising. Your blood contains oxygen, which you need during exercise. As you use up the oxygen that your blood supplies, your heart has to keep pumping new blood into your system.

Even after you have finished exercising, your heartbeat is still faster than normal. This is because as your body cools down, you still need a strong oxygen supply.

You can try the experiment again with less exercise (five minutes) or more exercise (30 minutes).

Name some times when your heart beats really fast? Why do you think that is? Sometimes something scary like riding a rollercoaster will make our hearts beat fast! Can you find out why?



**Did you know your heartbeat changes when you listen to music? Faster music speeds up your heart rate and breathing more than slower music.**