

# Step aerobics

**What you need:**

Stop watch, low bench or large block of wood.

Your pulse rate shows how fast your heart is beating. Measure how much it changes when you exercise to find out how fit you are.

Use your fingers to feel your pulse in either: your wrist or your neck.



Ask your teacher to show you how to measure your pulse.

Work in a small group. Take turns to measure and record each other's pulse rate with a stop watch. Measure your pulse:

- before you start to exercise
- immediately after stepping on and off the bench as many times as you can in one minute
- three minutes after exercise
- five minutes after exercise

**Tip:** Measure your pulse rate for 20 seconds, then multiply by three to find your pulse rate for one minute.

Name	Pulse rate (number of beats per minute)			
	Before exercise	Immediately after exercise	After 3 minutes	After 5 minutes

What happened to your pulse rate immediately after the exercise?

**Safety note:** You should not carry out this exercise if you have been ill or if you have had any respiratory (breathing) problems.

After five minutes?

How long did it take your pulse rate to return to normal?

**EXTRA!**  
Draw a bar chart to show the difference that exercising makes on your pulse rate.