



# LET'S PUT YOUR **HEART** TO THE **TEST!**

Some types of movement can exercise your heart more than other types of exercise or physical activity. You can test which exercise or physical activity gives your heart a good workout.

**Instructions:** Do the following activities and count your heart beat. Write down the number of heartbeats you get.



**Resting  
position**

**Heartbeats**



**Run on the  
spot for**

**2**

**minutes**

**Heartbeats**



**Before lunch break**

**Heartbeats**



**Do 50  
JUMPING  
JACKS**

**Heartbeats**



**Walk slowly for**

**10**

**minutes**

**Heartbeats**

**Watch TV for**

**30**

**minutes**



**Heartbeats**

