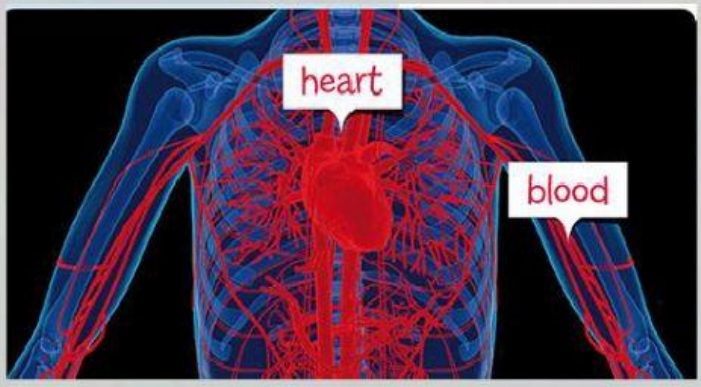
MEASURING YOUR PULSE

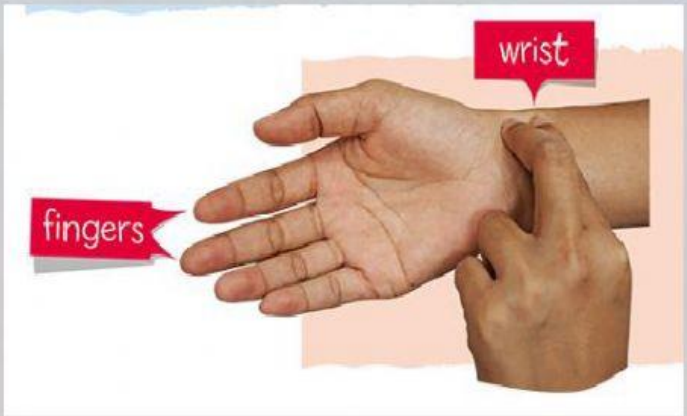


exersise blood

about adult night

times heart

Your _____ pumps _____ around the body. It is beating day and _____. When a child is sitting, the heart beats _____ 80 times a minute. When an _____ is sitting the heart beats about 70 _____ a minute. When you do _____, your heart beats more.



pulse two wrist

seconds count beats

You can _____ your heart beats. Put _____ fingers on your _____. Can you feel the beat? This is your _____. Count your pulse for thirty _____, then multiply by two. How many _____ per minute (BPM) is your pulse?

LIVEWORKSHEETS