

Activity: Heart Rate Bump Up

Objectives: Youth learn about the importance of moderate to vigorous physical activity.

Space needs: large room indoors or outdoors

Materials: Stopwatch or phone timer

Set-Up: None

Steps:

1. Have youth spread out in the area
2. Help youth find their pulse either on their neck or on their wrist.
 - a. To find a neck pulse, follow the jawbone from the chin to the bottom of the ear, then move your fingers from the jaw to the neck under the ear. To find a wrist pulse, turn the forearm palm up and place a finger over the vein on the wrist below the thumb.
 - b. For youth who have a hard time finding their pulse, do not focus on making sure everyone can find their pulse. Instead, have the campers look for physical clues such as tiredness or sweatiness.
3. “We are going to find our resting heart rate.” Use the stopwatch to have youth count how many pulses they feel in 6 seconds. Add a zero to the number and this is how many times their heart beats in one minute or **resting pulse**.
4. “Now let’s see what happens to our pulse when we start moving.” Have the youth walk around the room at a brisk pace for two minutes. (Use the stopwatch to time.)
5. As the stopwatch nears two minutes, countdown “5-4-3-2-1 Stop!” and tell the participants to get ready to count the beats.
6. Have everyone start to take their pulse again for six seconds.
7. “Did your heart rate increase? Ok we will do the same thing but this time jogging for two minutes.”
8. Repeat the activity with this time jogging.
9. “Was your heart rate even higher this time? When we are physically active, we want our heart rate to increase, this is called moderate to vigorous physical activity and is best for our bodies.”
10. You can repeat the activity having youth do different activities like squats, pushups, or jumping in place.



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