



Feel good

# Push the pace

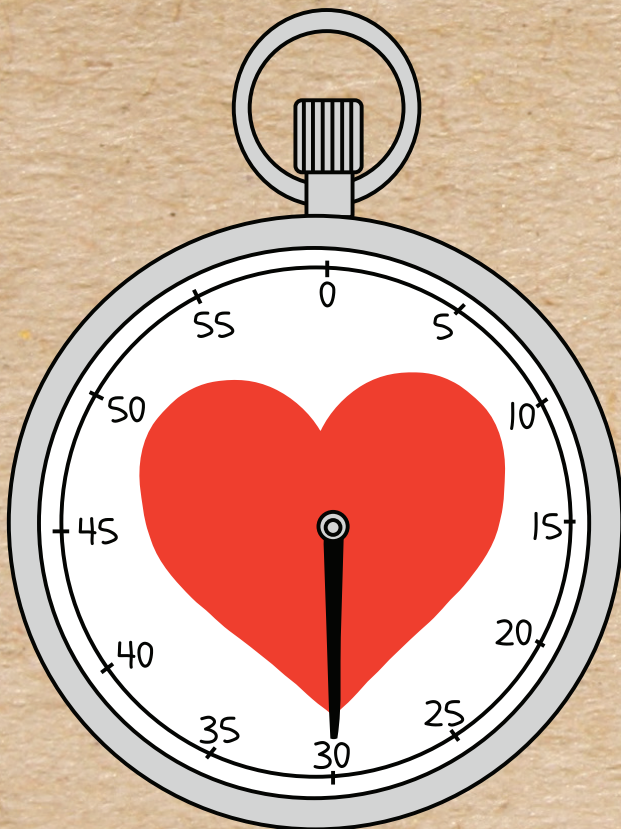
Stage

6

60+ mins



Skills builder



## Aim of activity

Get your blood pumping and your heart healthy. Explore your heart rate and how exercise can change it.

## What you'll get out of it

- Discover your target heart rate.
- Understand the importance of exercise.

## What you'll need

- A timer
- Pens
- Paper
- Some ideas of exercises you want to do
- Sensible shoes
- A calculator (optional)



WE DISCOVER, WE GROW

Girlguiding





## Feel good

Having a strong heart is vital for staying healthy. However, to exercise safely you need to make sure you're not raising your heart rate too much.

### What to do

- 1** Check your resting heart rate by measuring your pulse. A normal resting heart rate is between 60-100 beats per minute (bpm). You do this by:
  - Turn your hand palm up.
  - Place your fingertips on your wrist, just below the thumb, adjust until you feel your pulse.
  - Time 30 seconds and count every beat.
  - Multiply this number by two. This is your resting bpm. Write it down.

- 2** To avoid overworking your heart when exercising, figure out your target heart rate for exercise. To do this:
  - Take your age away from 220 to get your maximum heart rate.
  - Work out 50% and 70% of your maximum heart rate to get your target heart rate.

If your heart rate is above this, you're straining and should do less intense exercise. If it's below you may want to push yourself to exercise a little harder.

### Top tip

You can use the following to work out your target heart rate:

- 50% = maximum heart rate x 0.5
- 70% = maximum heart rate x 0.7

For example: if you're 16, your maximum heart rate is 204bpm. So your target heart rate for exercise is between 102bpm and 143bpm.

- 3** Now let's get that heartbeat racing! As a group pick your favourite exercises, for example Zumba, running or dodgeball. Do your exercise for 60 minutes. Stop every ten minutes to check your pulse and write your heart rates down. Did you hit your target heart rate while exercising?

### Try it this way

Get into six groups. Set up six different exercises around the space. Each group should change exercises every ten minutes. Or, turn the exercises into a competition.

- 4** To maintain a healthy heart, you should try to do two and a half hours of moderate exercise every week. See where you can fit this in and give it a go. You can do anything from walking and jogging to playing sports. Create an exercise plan to complete over the next week.

### Take it further

Try to complete your two and a half hours of exercise every week. Take your resting heart rate at the start of each week to help see how your fitness is improving.