



Exercise 1

What happens to your body when you are physically active?

You are going to do each of the activities in the list below. Please write down how it made you feel.

	Breathing	Heart Rate	How it feels
Sitting
Walking stairs briskly
Doing sit ups
Lifting cans

How to measure your heart rate

Place the index and middle finger of one hand on the inside wrist of the other hand. Slide your fingers towards the thumb side of the wrist. Count the number of beats in 15 seconds, multiply that number by 4 - this is your heart rate in beats per minute.



Intensity of activity

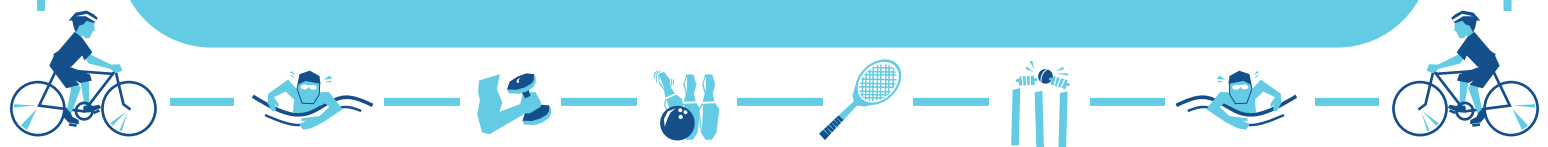
Low < 120 bpm

Moderate = 120 - 150 bpm

Did you know that?

If you can talk while doing a physical activity, you are moving at a pace that is right for you.

If you are too breathless to talk, slow down.





Exercise 2a

Which SPORTS help you to build up stamina and strength or both?

Stamina

Strength

Both

Stamina	Strength	Both

Exercise 2b

Which EVERYDAY activities help you to build up stamina and strength or both?

Stamina

Strength

Both

Stamina	Strength	Both

