1. Read the article about the heart. The article is five pages long. Write down one fact about the heart from each page.

Fact One

Fact Two

Fact Three

Fact Four

Fact Five

2. Read the short article and then answer the questions.

What does aerobic exercise mean?

What activities are aerobic exercises?

3. Read the information about finding your pulse. Then take your pulse in both spots and record it.
Radial Artery _______________ (wrist)
Carotid Artery _______________ (neck)

4. This page tells you about your target heart rate zone. Read the article then determine your target zone. Record your zone.

My Age _______________
My Resting Heart Rate _______________
My Maximum Heart Rate _______________
My Minimum Training Heart Rate _______________
My Maximum Training Heart Rate _______________

5. This time find your target heart rate by doing the math yourself with the Karvonen formula.

220 - your age = _______________ (maximum heart rate)

220 - your age - resting heart rate = _____ * .60 + RHR = ___ (minimum training heart rate)

220 - your age - resting heart rate = _____ * .80 + RHR = ___ (maximum training heart rate)

Great job. Go back to the webquest to start our hike.