



Get Your Heart Pumping

CAREER CONNECTION

There are many career opportunities in exercise science, which combines the study of kinesiology (the science of human movement) with biology, physiology, and nutrition. Athletic trainers, physical therapists, and fitness trainers all help people reach their physical activity goals!

WHAT PHYSICAL ACTIVITY WILL INCREASE YOUR HEART RATE?

Did you know that children and teenagers should participate in one hour of moderate to vigorous physical activity every day? Most of these activities should be aerobic activities, which get your heart beating faster than normal.

1. Use a timer to calculate how many times your heart beats per minute when you're sitting still.
2. Brainstorm physical activities that are likely to increase your heart rate and make you breathe more quickly, and then give them a try. Do each one for at least five minutes and then immediately measure your heart rate again. If the activity increased your heart rate, it's an aerobic activity!
3. Based on your results, design several different 15-minute aerobic activity bursts that your family could do throughout the day. Create a list of options and post it in your home.
4. Mix and match these activities as you go throughout each day, working toward a daily goal of 60 minutes of physical activity!