

Blood circulates around your body.

Your heart pumps blood throughout your body.

There are places on your body where you can feel your arteries throb as blood passes through them.

One of those places is on the inside of your wrist.

Find your pulse on the inside of your wrist.

In your mind count along with your pulse.

We measure pulse rates by counting the number of beats per minute.

Measure your pulse rate:

My resting pulse rate is _____ beats per minute.

**How many times does your heart beat per year?**

(Use a calculator to help you.)

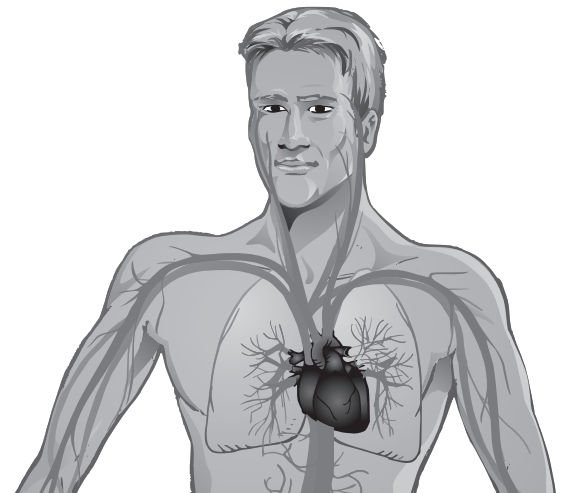
(measure) beats per minute: _____

(multiply by 60) beats per hour: _____

(multiply by 24) beats per day: _____

(multiply by 365) beats per year: _____

(multiply by 100) beats by my hundredth birthday: _____



What an incredible muscle your heart is!