

# **HEALTH & FITNESS CHALLENGE CARDS**

## **Heart rate facts for children**

- your heart rate refers to the number of times your heart beats in one minute
- your pulse is lower at rest than when moving and exercising
- your pulse increases with exercise intensity
- as your heart beats faster it sends much needed oxygen rich blood through the body
- children 6-15 years have a normal resting heart rate (lying still for 10 minutes before taking pulse) of between 70 and 100 bpm
- a child's pulse is higher than an adults and slows down as they grow
- by checking a child's heart rate they can begin to understand that a heart beats faster during exercise than at rest and exercising their heart builds a stronger muscle, which is beneficial for their overall health
- how to take your pulse:
  - Wrist
    - place the top of your index and second and third finger on your wrist, palm side below thumb
    - press lightly, staying still and quiet until you feel a beat, the blood moving which is your pulse
    - when you are sure you have the beat, time them for 10 seconds using a second hand and multiply by 6 to obtain your heart rate per minute
  - other factors affecting heart rate:
    - fever
    - big fright
    - stress
    - time of day
    - activity level
    - age
    - drugs
    - illness