

Name: \_\_\_\_\_

# MODERATE TO VIGOROUS PHYSICAL ACTIVITY

This week we talked about exercising within your healthy heart zone (HHZ). This means keeping your heart rate between 140 and 170 beats per minute. Activities that keep your heart rate in the lower end of your HHZ are “moderate” activities. When your heart rate is at the moderate level, you can still talk without too much discomfort. But when your heart rate is at the upper end of your HHZ, it is more difficult to exercise and talk at the same time! These are called “vigorous” activities.

**Remember you need 60 minutes of activity that ranges from moderate to vigorous every day!**

## GET IN “THE ZONE”

### The Healthy Heart Zone [HHZ], that is...

1. Circle the activities that are aerobic and help strengthen your heart and get you in “The Zone”.

FOOTBALL	READING	JUMPING ROPE	PLAYING BOARD GAMES	GYMNASTICS
RUNNING	DANCING	WATCHING TV	SOCCER	BASEBALL
ICE SKATING	DRAWING	BASKETBALL	VIDEO GAMES	VOLLEYBALL

2. Now categorize the AEROBIC activities that you circled in number 1 as either ‘Moderate’ or ‘Vigorous’.

MODERATE	VIGOROUS

3. It is important that you know how to check your heart rate (pulse) when you don’t have a heart rate monitor. Be sure you are sitting down and calm and that you haven’t been running around. Place your first three fingers in the middle of your neck, right below your chin. Now, move your fingers to one side of your neck (1-2 inches) and feel your pulse at your carotid artery. Do not press too hard. Count the number of heart beats for 6 seconds, then enter that number in the following formula:

**Number of beats:** \_\_\_\_\_ x 10 (or just add a zero)= \_\_\_\_\_

This is the number of times your heart beats in one minute. This is called your **Resting Heart Rate**.

4. Over the weekend, do an aerobic activity for 3 minutes without stopping. Take your pulse again right after you stop and complete the formula below:

**Number of beats:** \_\_\_\_\_ x 10 (or just add a zero)= \_\_\_\_\_

The heart rate increases as you exercise. This is called your **Active Heart Rate**. Remember, the heart is a muscle and gets stronger as you exercise.

5. Calculate and record your heart rate for the following activities:

- Resting Heart Rate (RHR)- You must be calm and still to check RHR: \_\_\_\_\_
- Sit in a chair and stand up ten times- Calculate your heart rate: \_\_\_\_\_
- Jog in place for 30 seconds- Calculate your heart rate: \_\_\_\_\_
- Jump rope or run in place for 1 minute- Calculate your heart rate: \_\_\_\_\_

6. What does **Healthy Heart Zone** mean?

7. What is the difference between moderate activity and vigorous activity?

