



# *Heart Rate Experiment*

## ***Materials***

- Stopwatch/Timer
- Internet Access
- Space for Activity

With everyone cooped up at home, many of us are spending less time being active. Studies have shown that by doing a few minutes of exercise every day you can help improve your cognitive function, increase your lifespan, and decrease your risk for certain diseases. We here at the MOST decided to run an experiment, and we need you to help us! We want to see if doing 2.5 minutes of exercise can have an impact on our heart rate 10 minutes after we have ceased our activity.



## ***Fitness Instructions***

1. Lunges for 15 Seconds
2. Push-ups for 15 Seconds
3. Plank for 15 Seconds
4. Mountain Climbers for 15 Seconds
5. Burpee for 15 Seconds
6. Jumping Jack for 15 Seconds
7. Squats for 15 Seconds
8. Sit-ups for 15 Seconds
9. Bicycle Crunches for 15 Seconds
10. Chair Dips for 15 Seconds



For a total of: **2.5 Minutes of Fitness Fun!**

For adults try doing this multiple times! It's super hard and not fun at all.

# ***Experiment Instructions***

# **1**

Measure your heart rate while you are at rest, before the experiment. This gives us a baseline to go off of!

# **2**

Follow the fitness instructions and immediately afterwards measure your heart rate again. Here we can see a measurable impact of fitness!

# **3**

Start a timer for 10 minutes, when the timer goes off measure your heart rate once more. The impact lasts over four times longer than the time we took to exercise!

# **4**

Once you have your three data points, enter them in the google form and check out our website for all of the live data we have collected!



## ***Measuring your Heart Rate***

Measure your resting heart rate by either using a timing device and measuring your pulse for a minute, or for fifteen seconds, multiplying the number you come out with by four to ensure you have your rate in Beats Per Minute (BPM).