


## Can you feel your pulse?

When your heart beats it pumps blood around your body through tubes called arteries and veins. You can feel the blood pumping in the artery in your wrist. This is called a pulse.

### Count your pulse

1. Time one minute (60 seconds) and count how many times you can feel your pulse. Don't use your thumb, use your index and middle finger.
2. Do 20 jumping jacks Count your pulse.
3. Run on the spot or skip for 60 seconds. Count your pulse.
4. Rest for 2 minutes. Count your pulse.

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160				
150				
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