ITEMS NEEDED:
- Radio or Internet for Dance Video
- Pencil and paper
- Stopwatch or timer

ACTIVITY DESCRIPTION:
Learn how to measure your heart rate to keep it in a healthy zone; discovering the difference between resting and exercising rates. Get your heart pumping while finding your groove to the music.

Music can have a positive impact on our bodies. It can soothe our mind and calm our nerves to reduce stress and increase our focus. Have you ever listened to classical music when winding down at night or while doing homework? Music has many genres and you may have a favorite type. Have you ever got the urge to get up and start dancing or notice yourself moving to the beat when a catchy song is played? Music and dance are good for our health and today we’re going to explore how it can help us get grooving and reach a healthy exercising heart rate.

Step One: Healthy Heart

Our hearts pump blood across our bodies through arteries. They also transfer unoxygenated blood to our lungs to keep our blood circulating and bringing oxygen to our tissues. It is important we keep our heart healthy so it can continue to carry out these tasks so our body can function well. There are habits you and your family can form to keep healthy hearts:

1. Eat more fruits and vegetables: Try to aim for 5 servings a day!
2. Increase your fiber through whole grains: Try 100% whole wheat bread or brown rice.
3. Reduce salt: Instead of adding salt to every meal, consider sprinkling dried herbs.
4. Exercise: Get moving at least 60 minutes every day!

Exercise has many benefits for our mind and body, so let’s get moving for a healthier heart!

Step Two: Resting Heart Rate

Resting heart rate is the number of heart beats in one minute while your body is at rest (sleeping or sitting for some time). To measure you’ll need to find your pulse and have a timer. There are two main areas on your body that you can feel your pulse (that regular beat you can feel as your blood runs through your artery). Take your index and middle fingers and press them on either:

Neck

Wrist

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Once you can feel the pulse, have someone time you for 6 seconds while you count how many beats you feel. Multiply that number by 10.

\[
\text{# of beats (in 6 seconds)} \times 10 = \text{heart rate (in 1 minute, or 60 seconds)}
\]

Resting Heart Rate = _____

**Step Three: Get Grooving**

Now we need to get moving to increase our number of heart beats and get our heart rate up into a healthy zone. Either turn on some music or checkout an online resource, GoNoodle, to inspire you with some fun dance moves. [https://family.gonoodle.com/](https://family.gonoodle.com/)

Dance along to one song or video and then be prepared to take your heart rate again, so have your timer ready!

**Step Four: Exercising Heart Rate**

We're going to repeat same process as before. Find your pulse with your two fingers either on your neck or on your wrist. Count the number of beats for 6 seconds and multiply by 10.

\[
\text{# of beats (in 6 seconds)} \times 10 = \text{heart rate (in 1 minute, or 60 seconds)}
\]

Exercising Heart Rate = _____

Is this number higher than your resting heart rate? __________

Now, compare this number to our Target Heart Rate Zone Chart. Does your exercising heart rate fall in the range for heart rate zone for your age? ______

<table>
<thead>
<tr>
<th>Age</th>
<th>Heart Rate</th>
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<tr>
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<td>15</td>
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<td>102-173</td>
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</table>

Source: American Heart Association

If you heart rate is lower than the range, then that means keep on grooving! If your heart rate is higher than the range, then that means it would be good to take a break or lessen exercise intensity.

Have fun and continue dancing to get your 60 minutes of daily activity!

Project areas are topics that 4-H members can learn about on their own, with a friend, at a club meeting, or at 4-H events. To learn more about the project areas you can explore in 4-H, please use our free resources online at [https://store.extension.iastate.edu/product/15266](https://store.extension.iastate.edu/product/15266).