



TAKE A DEEP BREATH!
The mammal with the slowest heart rate is thought to be the blue whale, at about four to eight beats a minute.

Get your heart racing

Put your heart to the test with these simple exercises.

What you need

- Stopwatch
- Pen
- Paper
- Skipping rope (optional)

How does it work?

The heart is a powerful muscle that pumps blood around your body, carrying oxygen and nutrients to all parts. Its pumping action sends pressure waves through your blood vessels. You can feel this as a pulse in your neck or on your wrist. When you are resting, your heart beats at around 60–100 beats a minute. However, when you exercise, your muscles use oxygen more quickly and need to get more. To make sure your muscles have what they require, your heart increases the rate at which it pumps blood. This returns to normal shortly after exercise.



1 Find your pulse by putting two fingers on your neck or wrist. Count the heartbeats you feel in one minute and write your heart rate down.



2 Now get your heart beating faster by doing some exercise. Skip for a few minutes or run on the spot as fast as you can.



3 Immediately record your heart rate again. Is it quicker? Wait a few minutes and record your heart rate a third time. Is it back to normal?

YOUR SPACE



We'd love to hear how you got on with this month's activities. Email your photos to hello@science-nature.co.uk.

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ISSUE 39



Armaan and his friend Yaseen had lots of fun building the bug maze.

ISSUE 39



Milly made the granola recipe from last issue and found it really tasty.

ISSUE 39



Budding scientists Max and Ella built this amazing density tower.

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