NAME _____ DATE_____

To take your heartrate:

1. Find your pulse by placing two fingers either on the soft part of your neck or on the palm side of your wrist.

2. Use the flat parts of fingers and press firmly, but not too hard.

3. Using a stopwatch, count how many heartbeats you feel in 15 seconds. Multiply that number by four to get heartbeats per minute.

Measure your heartrate before and after doing your chosen activity, both inside and outside.
Record the number of beats per minute in the chart below.

Activity: _____

Length of time doing activity: _____

	INSIDE		OUTSIDE	
	Heartrate before activity	**Heartrate after activity**	**Heartrate before activity**	**Heartrate after activity**
Heartbeats in 15 seconds				
Multiply by 4	X 4	X 4	X 4	X 4
Heartbeats per minute				

I LOVE MY GREEN JOB!

CAREER CORNER

ENVIRONMENTAL HEALTH PROFESSIONALS work to improve the public's health. They identify, track, and reduce environmental risks that could hurt people, like pollution or harmful chemicals. They may test air, water, and soil to make sure these are safe.