

## Heart Rates and Diagram Year 9

1. The average resting Heart rate is 70 beats per minute
2. BPM stands for Beats per minute
3. As you start to exercise your heart rate goes up.
4. The Heart is a muscle
5. Fitter people have lower resting Heart rates
6. Fitter people have quicker recovery rates
7. Heart rate is a measure of how hard you are working when exercising
8. You work out your maximum Heart Rate by the following calculation  $220 - \text{your age}$
9. Learn the chambers of the heart

