

1.3 Heartbeat and pulse

Your heart beats about 90 times a minute. When you are grown up it will beat about 70 times a minute. When you run around, your body needs a lot more food and oxygen. The more active you are, the more often your heart needs to beat to supply enough food and oxygen from the blood.

You can count your heartbeats by feeling your **pulse**. Your pulse is caused by the **pressure** of the blood as the heart pumps it to the rest of the body.



Exercise makes your heart beat faster.

Two good places to find your pulse are on the side of your neck and the inside of your wrist. You will know you've found your pulse when you feel a small beat under your skin. Each beat is caused by the squeezing of your heart muscle.

What you have learnt

- ☺ You can count your heartbeats by feeling your pulse.
- ☺ Your pulse feels like a small beat under the skin.
- ☺ Your pulse rate increases when you exercise.