



# Move It!

Have you ever wondered what would happen if you did nothing but watch TV all day? What would happen to your body if you stopped playing outside with your friends?

**Movement**, or exercise, is extremely important and keeps your body healthy. If you stopped moving and watched TV all day your **muscles**, which give you the strength to move, would lose their power. You wouldn't be able to play anymore. In the experiment below, observe your own **heartbeat and pulse** and the effect **movement** has on your body. Keep a journal and draw pictures of how you feel before and after you exercise.

## You will need:

- Space to exercise



## Instructions:

1. While you're resting, put your hand over your heart and observe your **heartbeat and pulse**. Can you describe the heartbeats you feel?
2. Get up and move to a large space where you can jump around and play. Now jump, run, tumble, or **move** around to exercise.
3. Observe your **heartbeat and pulse** again. How do you feel now that you've moved around? How does your **heartbeat** feel? Ask your friends how their **heartbeats and pulses** feel. Describe your observations. What types of exercises can you do to make your heart beat faster?

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