

Name: _____

GO FOR IT!

Key to Active Living Interest Badge



Take your pulse before a physical activity and after.

Activity	Number of heart beats in 15 seconds		Number of beats per minute
Sitting still (before you are active)		x 4	
After Physical activity: (write your activity here) _____		x 4	

How different is it? _____

How does a physical activity help you stay healthy and strong?

Play an active team game, such as baseball or soccer. What game did you play?

Name three pieces of playground equipment you can use that are safe and fun and that keep you moving.

1. _____
2. _____
3. _____