

# How to Take Your Heart Rate

## Lesson Plan for Instructor

### Materials:

Dry erase board or flip chart and appropriate markers  
Paper for participants to write on and pens/pencils

### Handouts:

[How to Take Your Heart Rate](#)

### Suggested Format for Discussion:

- Write “Taking Your Heart Rate” on the board or flip chart.
- Pass out the *MOVE!* handout “How to Take Your Heart Rate”.
- Explain that heart rate is a way to measure how hard a person is exercising and that there are limits to how high one’s heart rate should go.
- Demonstrate how to take one’s pulse at the wrist and the neck.
- Have each participant feel his/her pulse at both sites (Those with known peripheral vascular disease may omit the neck) and then actually measure his/her heart rate.
- Explain the concept of target heart rate as detailed in the handout.
- Ask each participant to locate his/her target heart rate.
- Explain that the target heart rate is a guide for increasing fitness but absolutely not a requirement to achieve for simple physical activity such as walking.
- Ask each participant how he/she intends to use this information in his/her personal physical activity plan.

