

HEART SQUEEZE

Supplies Needed:

- Stress balls for each participant
- Timer

Say:

Let's try an experiment to see how hard our heart works each day.

Do:

Give each participant a stress ball. Have them place it in their hand and start squeezing. Do this for one minute. Have them count how many times they squeeze the ball. 70 times is the average pulse rate is 70 bpm (beats per minute).

Reflect:

Wow! How does your hand feel? Your heart does this every minute of every day of every week of every month of every year! That is why it's so important to keep it healthy.



Developed in partnership with ISU Extension SWITCH Program to establish fundamental knowledge of heart function and heart disease prevention.

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Iowa
HAS HEART

Share your work in promoting heart health by using the hashtag #IowaHasHeart and tagging the Iowa Heart Foundation on social media posts.

