

Name of the material	Heart Health: How Does Heart Rate Change with Exercise?
Target group	13 – 15 and 15 – 19 years old
The type of the material	A tip
Description	A human hearts beats approximately over 2.5 billion times over an average lifetime. Keeping your heart healthy means eating right, not smoking, and getting regular exercise. Which of your favorite physical activities give your heart the best workout and help keep it fit? In this science project, you will use Google's Science Journal app with your smartphone or tablet to visualize your heart rate and find out which activity makes your heart tick faster!
Material	https://www.sciencebuddies.org/science-fair-projects/project-ideas/Sports_p006/sports-science/heart-rate-change-with-exercise
Source	Science Buddies Staff. (2017, July 28). <i>Heart Health: How Does Heart Rate Change with Exercise?</i> . Retrieved August 11, 2017 from https://www.sciencebuddies.org/science-fair-projects/project-ideas/Sports_p006/sports-science/heart-rate-change-with-exercise