

Looking after your heart

Before watching

1a Look at the abbreviations. Do you know what words the letters stand for? Try and write them. (CLUE: They are all related to heart health.)

CHD
BP
HR
BPM

Now use the words in the box to help you complete or check your answers.

beats • blood • coronary • disease • heart •
minute • per • pressure • rate

1b Write definitions for the phrases. Then match the abbreviations in 1a to the definitions below. Compare your definitions to the ones below. Were your definitions very similar?

- the number of time your heart beats in a minute
- a condition in which the arteries taking blood to your heart muscles become narrower and can get blocked
- when you measure your (1) this is the standard way it is expressed
- the pressure of the blood against the walls of the blood vessels

While watching

2a  40 Watch the video and choose the best summary, A or B.



Ben Jasmine

- A** To calculate your recovery heart rate (RHR), first do some exercise. Measure your heart rate when you stop, and then measure it again a minute later. Your RHR is the difference between the two heart rates. If the difference is big, you're very fit.
- B** Your recovery heart rate (RHR) tells you how fit you are. First, measure your heart rate after you've been resting. Then do some exercise and measure it again. Your RHR is the difference between the two heart rates. If the difference is small, you're very fit.

VIDEO SKILLS: Understanding explanations

To do that, you need to be able to ...


The easiest way to measure ... is by using ...

To measure ..., take ... The best way to ... is to ...

To calculate ..., you take ... You can either ... or ...

2b  40 **VIDEO SKILLS** Read the video skills box. Then watch again and answer the questions.

- What's your 'pulse'?
- When is it best to measure your resting heart rate?
- Which arteries are best for taking your pulse?
- What's a normal resting heart rate for teenagers?
- What suggests you're not very fit?
- If you haven't done sport for a while, what should you do?

3a  40 Look at these words and phrases from the video. Try to write a definition for each one. Then watch again and see if you can complete or improve your definitions. Finally, check your definitions with the answers.

- accurate
- monitor
- strap
- sensor
- index finger
- interfere
- high intensity activity

3b Do you know your recovery heart rate? If not, do you want to calculate it after watching the video? Why/Why not?

After watching

4a Think about the different ways of looking after your heart below. Do you do these things? What changes would you need to make to your daily life to answer 'yes' to all three? Do you think you could make these changes?

do exercise	yes/no/sometimes
eat a healthy, balanced diet	yes/no/sometimes
avoid stress	yes/no/sometimes

4b SKILLS 4 LIFE Look at the three things in 4a. For each thing, go online and find two easy ways to add these things to your day. Use what you find out to help yourself, or to give advice to someone you know. Follow these steps.

- Go online and search for information for each of the three areas. Try searching for 'simple ways to exercise more/eat well/avoid stress'.
- Make a note of two ideas for each of the three areas. The ideas must be easy to add to your daily life.
- Either follow the advice yourself, or give your advice to someone you know – a friend, family member or classmate. Keep a note of the results.

REFLECT ON IT



Heart disease is the leading cause of early death in the world, and the threat is increasing as more and more people adopt 'western' lifestyles, in particular unhealthy eating habits and a lack of exercise. What do you think can *realistically* be done to combat heart disease worldwide?