

A sneak peek of Week 1 of the OutsideIn newsletter



Be a heart detective

Today, we'll investigate what activity makes your heart beat the fastest.



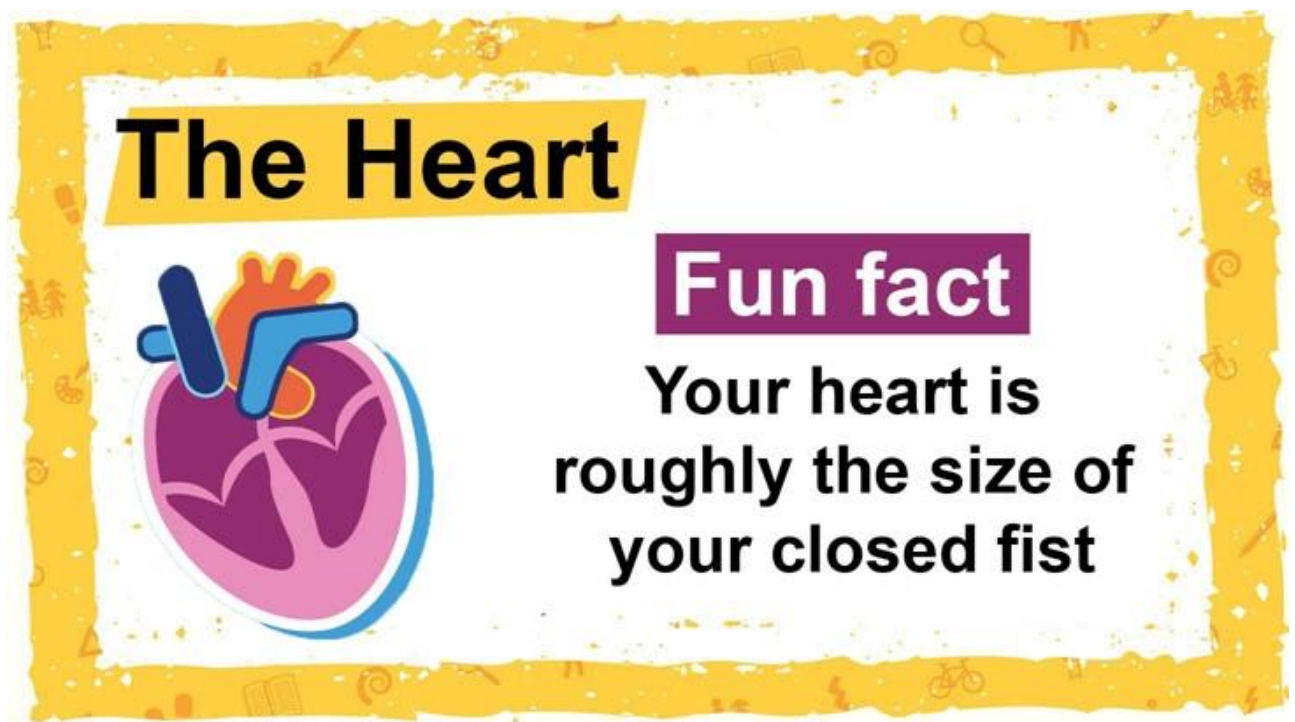
What you'll need

- A timer
- A piece of paper

About the heart

Your heart is a very strong muscle. It pumps blood containing oxygen around your body, to every part of you.

It's super important that we all keep our hearts healthy. This can be done by doing activities that make our heartbeat faster.



How to measure your heartbeat?

Your heartbeat is also known as your pulse. You can feel your pulse by placing two fingers on the left side of your neck.

To measure how many times your heart beats in one minute. Sit down quietly.

Use a timer to count how many beats you feel in 15 seconds. Multiply this by 4. E.g:
 19 beats in 15 seconds x 4 = 76.

This will give you how many heartbeats you have in a minute while you are resting, also known as your resting heartbeat.

[Watch the video: How to feel your heartbeat](#)

Instructions

1. Measure your resting heartbeat. Record this number
2. Choose an activity that will get your heart racing. Do this activity for a minute, as fast as you can.
3. Now measure your heartbeat - you should see a big difference. Record your heartbeat again.
4. Make sure your heartbeat has come right back down to your resting rate before trying another activity.
5. Repeat the steps and measure your heartbeat against some of the activities below.

Here are a few to get you started:

Activity	Heartbeat
Sitting quietly	(This will be your resting heartbeat)
Jumping for one minute	
Skiping for one minute	
Running on the spot for one minute	
Scooting for one minute	
Cycling for one minute	
Handstand for one minute	

What other activities can you think of to get your heart racing? Make your own list and measure your heartbeat against each activity.

[Subscribe to Sustrans Outside In for more ideas and challenges](#)

Dyma un o weithgareddau Wythnos 1 cylchlythyr TuFasTuFewn



Ditectif calonnau

Heddiw, rydym am archwilio pa weithgaredd sy'n gwneud i dy galon guro gyflymaf.

Bydd angen

- Amserydd
- Darn o bapur

Ynglŷn â'r galon

Mae dy galon yn gyhyr cryf iawn sy'n pwmpio gwaed sy'n cynnwys ocsigen o amgylch dy gorff, i bob rhan ohonot ti.

Mae'n hynod o bwysig ein bod ni oll yn cadw'n calonnau'n iach. Gallwn wneud hyn trwy wneud gweithgareddau sy'n cyflymu curiad y galon.



Sut allwn ni fesur curiad y galon?

Gair arall am guriad dy galon yw pwls. Galli deimlo dy bwls drwy roi dau fys ar ochr chwith dy wddf. Mae angen eistedd i lawr yn dawel wrth wneud hyn.

Defnyddia amserydd i gyfrif sawl curiad rwyf ti'n eu teimlo mewn 15 eiliad. Wedyn, mae angen lluosu hwn â 4. Er enghraifft, 19 curiad mewn 15 eiliad $\times 4 = 76$.

Bydd hyn yn dangos sawl curiad mae dy galon yn ei wneud mewn munud pan rwyd ti'n gorffwys, ac enw arall ar hyn yw 'cyflymder y galon wrth orffwys'.

Gwylwch y fideo: Mynd ati i deimlo curiad eich calon

Cyfarwyddiadau

1. Mesura guriad dy galon wrth orffwys. Gwna nodyn o'r rhif hwn.
2. Wedyn, dewisa weithgaredd i gyflymu dy galon! Gwna'r gweithgaredd hwn am funud, mor gyflym ag y galli.
3. Nawr, mae'n amser mesur curiad dy galon – fe ddylet ti weld newid mawr. Cofnoda guriad dy galon eto.
4. Gwna'n siŵr fod curiad dy galon wedi gostwng i lawr yn ôl i'w gyflymder wrth orffwys cyn rhoi cynnig ar weithgaredd arall.
5. Nawr, ailadrodd y camau a mesur curiad dy galon yn erbyn rhai o'r gweithgareddau isod.

Dyma rai awgrymiadau:

Gweithgaredd	Curiad y galon
Eistedd yn dawel	<i>(Dyma fydd cyflymder dy galon wrth orffwys)</i>
Neidio am un funud	
Sgipio am un funud	
Rhedeg yn dy unfan am un funud	
Sgwtera am un funud	
Beicio am un funud	
Sefyll ar dy ddwylo am un funud	

Pa weithgareddau eraill fedri di feddlw amdanynt i gyflymu curiad dy galon? Gwna dy restr dy hun a mesur curiad dy galon yn erbyn pob gweithgaredd.

[Tanysgrifiwch i TuFasTuFewn Sustrans am fwy o syniadau a heriau](#)