I’ve got the power
How do you compare to Welsh National rower Helena Castle-Smith?

Your Data

Name: ____________________________
Favourite activity: ____________________________
Gender: ____________________________
Age: ____________________________
Height: ____________________________ cm
Asthmatic: ____________________________

Resting heart rate: __________ bpm
Heart rate after 2 minutes exercise:
Immediately after: __________ bpm
1 minute after: __________ bpm
2 minutes after: __________ bpm
3 minutes after: __________ bpm
4 minutes after: __________ bpm
5 minutes after: __________ bpm

Visit the Live Data Zone to find out the following information:
The difference between resting heart rate and heart rate 4 minutes after exercise for:

- people who do up to 1 hour activity per week: __________ bpm
- people who do over 5 hours activity per week: __________ bpm

Do people who think they are fit have a faster recovery rate?

www.getinthezone.org.uk
Practical science exploring the mind and body in motion