Have you ever taken your own heart rate? If not, now is the time! The beating of your heart is your pulse. You can feel your pulse on several places on your body, which are called pulse points. Two pulse points with easy accessibility are the insides of your wrist and the front of your neck on your carotid artery. Count the number of beats in 15 seconds. Multiple this number by four to calculate your beats per minute.

Jog in place for 60 seconds and take your heart rate again.

How did it change? Is your pulse in a healthy range for someone your age?

### 4-H Project Levels and Goals

#### Beginner
- Explore various sports
- Learn about the equipment needed for each sport
- Learn basic motor skills needed for each sport

#### Intermediate
- Practice playing different sports
- Learn how to keep score in different sports
- Learn about physical activity and nutrition and how it affects our body

#### Advanced
- Learn about sports organizations
- Learn advanced information about how nutrition and physical activity affect the human body
- Explain how nutrients help performance
Put Your Project Into Action

Show Your Skills
- Create a poster showing the steps to start a new fitness club
- Make a video on how to check your heart rate
- Make a video about recommended water intake
- Make a video or poster showing why physical activity is important daily for your body
- Make a visual about how we consume calories, and why it is important to burn them

Service and Leadership
- Start a new sports team in your community
- Organize fitness-based event to raise funds to benefit your community
- Start a neighborhood block sports club
- Give a sports nutrition presentation to your 4-H club or at school
- Consider joining a new type of sports team
- Coach younger youth in a sport you enjoy
- Join the University of Illinois Extension 4-H Food Advocacy Team

Entrepreneurship
- Grow and sell produce at local farmers markets
- Recruit members for a team or fitness club

Technology Connection
- Use a drone to record you playing a sport and demonstrating different skills/moves from all angles
- Health and fitness related apps

Connecting with a Mentor
- Teacher
- Doctor or Nurse
- University of Illinois Extension staff
- Dietitian
- Health Educator
- Athletes / Coaches

Events
- Illini Summer Academies
- Local health fairs / wellness expos
- Sports camps
- CPR / First-Aid classes

Start a Conversation
Is a sports drink better for you than orange juice? Does sleep impact athletic performance? Do athletes need to eat different kinds of food to maintain high performance and does that differ by sport?

Want to learn more?
go.illinois.edu/4Hsportsnutrition

Explore more at Illinois 4-H!
4-H.extension.illinois.edu