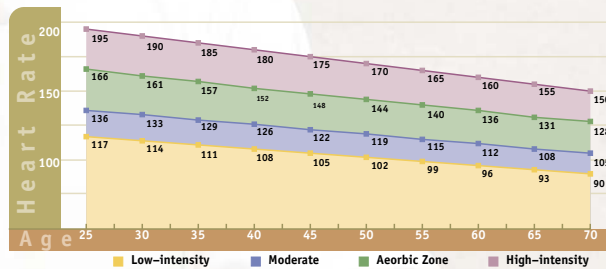


HEART RATE

Congratulations! You've conquered the steepest grade on this trail. Do you feel your heart beating faster? Aerobic activity is important to your health, as it strengthens your heart, lungs and circulatory system.

Use the chart below to determine what your heart rate (beats per minute) should be during exercise. Maintain this rate for 20 to 30 minutes three times per week and you'll soon be walking to a healthier beat.



To check your heart rate, find the pulse on the side of your neck. Using a watch, count the beats for 15 seconds and multiply by four.

did you know? You might think your heart is beating quickly right now, but to many animals of the Baldwin Hills you're barely awake! Check out your competition. The Black-tailed Jackrabbit boasts a heart rate of 300 beats per minute. That high-revving engine helps the jackrabbit hit speeds of up to 35 miles per hour.

