# Virtual Heart App

1. Find your heart. Feel your heartbeat with your hand. There are other places where you can feel your heart beat (wrist and sides of throat). Place two fingers against each of the wrist or side of your throat to find a pulse. The pulse shows how often a heart beats. (Do not use the thumb because it has a tiny pulse of its own.)
2. Count the number of beats you observe during a 30-second period. Multiply by 2. Enter results into Virtual Heart App. Compare your Virtual Heart to others. Take a screenshot of your heart screen.
3. Walk/Run for 5 minutes.
4. After walking and running, count the number of beats you observe during a 30-second period. Multiply by 2. Reenter results into Virtual Heart. Compare your Virtual Heart to others. Take a screenshot of your heart screen.
5. Did your pulse rate increase or decrease after exercise?