



# GOLD'S GYM

January 21, 2013

Ms. Anna Chapa, Ms. Jacqueline Cordova and Mr. Milton Vasquez

University High School

3201 S. New Road

Waco, TX 76706

Dear Ms. Chapa, Ms. Cordova, and Mr. Vasquez:

Gold's Gym is proud to partner with the First Lady, Mrs. Michelle Obama, in her quest to reduce childhood obesity in the United States. Our corporate office has asked district managers throughout the country to identify extraordinary students to conduct research to assist in completing a new exercise program that is healthy and safe for teens 14 years of age and over. As students at University have been identified as one of the best in the Central Texas Region, I chose the students in your Algebra Classes to assist us with this research.

I would appreciate it immensely if your students can follow the attached protocol to ensure reliability of the data. Please express our thanks to your students for conducting this research, and looking forward to reviewing the findings with you.

Sincerely,

Mr. Mike Landers

District Manager

Gold's Gym

**Mr. Mike Landers, District Manager**  
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You can measure your heart rate by taking your pulse. Each pulse that you feel in your wrist represents one heartbeat. What do you think happens to your heart rate after different kinds of physical activity? You're about to find out, as you observe the response of your pulse rate to a variety of activities.

Sit quietly for one minute. Then, measure your resting heart rate by counting your pulse for 15 seconds. To feel your pulse, lightly press your ring and middle fingers against the inside of your wrist. Do not use your thumb.

Make a prediction before you begin each activity below. Carry out each activity for one minute. Then, stop and immediately take your pulse for 15 seconds.

Before starting each new activity, sit quietly until your heart rate is close to your resting heart rate. Calculate the difference between your pulse rate after each activity and your resting pulse rate. Record the difference in the appropriate column (Increase, Decrease, or Same).

**MATERIALS:** Stop Watch, table for each group member, chart paper, graph paper

ACTIVITY  (Conducted for 15 seconds)	PREDICTION ABOUT PULSE RATE (CHECK ONE BOX)			PULSE RATE IMMEDIATELY AFTER ACTIVITY  (Beats per Minute)	DIFFERENCE BETWEEN RESTING PULSE RATE AND RATE AFTER ACTIVITY (BEATS PER MINUTE)		
	Increase	Decrease	Same		Increase	Decrease	Same
1. Resting Heart Rate							
2. Standing							
3. Punching							
4. Walking							

Number of Minutes	Total Number of Beats after each minute
0	0
1	
2	
3	
4	

Number of Minutes	Total Number of Beats after each minute
0	0
1	
2	
3	
4	

Number of Minutes	Total Number of Beats after each minute
0	0
1	
2	
3	
4	

Number of Minutes	Total Number of Beats after each minute
0	0
1	
2	