**Name :**

Health 12

**Personal Health Technology Assignment**

1. Define “Basal Metabolism” & reference your website source:

2. Basal Metabolic Rate:

<http://www.myfitnesspal.com/tools/bmr-calculator>

Calculate & record your basal metabolism using the calculator:

3. <http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm>

 Explain “energy balance”:

4. <http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm>

A. What does “BMI” stand for?

 B. BMI is a measure of the following 2 things:

 C. Calculate Mary's BMI. She is 5'5” and weighs 125 pounds.

 D. Which BMI category does Mary fall into?

 E. Calculate George's BMI. He is 5'10” and weighs 200 pounds.

 F. Which BMI category does George fall in?

 G. Calculate your own BMI. Which BMI category do you fall in? You do not need to record your answers.

5. <http://www.mayoclinic.com/health/heart-rate/AN01906>

 A. A normal resting heart rate falls between \_\_\_\_\_ and \_\_\_\_\_\_\_\_\_ beats per minute.

 B. <http://www.online-stopwatch.com/>

Take your pulse for 1 minute. Record your resting heart rate:

 C. Is your resting heart rate “normal”?

 D. List 2 things than can influence your resting heart rate:

6. <http://www.calorieking.com/interactive-tools/target-heart-rate-zone-calculator/>

Use the calculator tool to compute your target heart rate:

 While you are exercising you should count between \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_ beats in 60 seconds.

7. Write one paragraph (at least 5 sentences) explaining why it is important for someone to be aware of their personal health (resting heart rate, target heart rate, BMI, basal metabolism, etc.).