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# WONDEROPOLIS INQUIRY PROJECT

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## Why Does Your Heartbeat Change?

### Have you ever wondered...

- Why does your heartbeat change?
- What causes increase in your heart rate?
- What causes decrease in your heart rate?

### Did you know?

Pump pump that is your heart delivering oxygen.

Did you know your heart increases because your brain needs blood to function so your heart rate increases and beats faster the more you move or the longer you move. Your muscles need oxygen so you breathe harder and your heart beats faster and your heart rate increase. Being scared, mad or excited can increase heart rate. All exercise increases your heart rate. as you exercise, your heart rate will increase to provide oxygen and blood circulation to your body. The heart rate can easily be increased through different exercises. It is best to have your heart rate increased through exercise. your blood moves faster to deliver extra oxygen to those working muscles. This makes your heart start pumping more quickly, increasing your heart rate. Exercising increases your heart rate. Another way your heart rate can rise is caffeine.

Did you know your heart rate decreases when you relax and take smaller breathes. Also when your heart decreases it is most likely feelings or emotions like if you are scared. It could decrease or some times it will increase. And when you are at rest it will sometimes decrease. because it is relaxed Or when you hold your breathe it will slow down your heart beat because that is what helps your heart pump and when you stop it tells your heart to slow down. If you do not exercise your heart will not be as strong. When you eat to much fat foods then you will get what they call diabetes. This is where your body cannot digest your sugars in your body. And it will cause your heart not to pump in most parts of your body. So that is some of the reasons that some people are missing some body parts. And that is why your heart is so important. It helps your body.

So why your heart beat changes is because your heart is pumping oxygen. Your heart and muscles produce carbon dioxide and that sometimes causes your heartbeat to change too. So that is thanks to your heart you are moving.

## **Wonder words to know and use:**

- oxygen
- heart
- function
- increases
- emotions
- pump
- diabetes
- relaxed
- carbon dioxide