INTRODUCTION

Teenagers' cardiovascular health is a significant issue in modern society because this age group is essential for developing good habits that can last a lifetime. By studying the effects of exercise on heart rate, this investigation intends to investigate the impact of physical activity on teenagers’ cardiovascular health. According to research, heart rate is an important sign of cardiovascular health. Teenagers' normal resting heart rates fall between 60 and 100 beats per minute. Yet, a number of variables, such as physical activity, stress, and even the time of day, can impact heart rate. Besides that, factors including diet, exercise habits, and genetics all have an impact on heart health. It is hypothesised that teenagers who regularly exercise are predicted to have lower resting heart rates than those who do not exercise. This investigation will be investigating how exercise will be affecting the resting heart rate (beats per minute).

**Dependent Variable:** Heart rate

**Independent Variable:** Number of days you exercise.

**Controlled Variable:** Age, gender, time taken to measure persons heart rate (1 minute)

**Materials**: Materials used were a calculator to find the averages, timer to time 1 minute, hands, pen and piece of paper to graph the results.

**Method:** Use a watch or clock that counts down to determine how many heartbeats you feel in a minute by placing your middle and index fingers on your wrist (where your pulse is) (count your heartbeat for 30 seconds and multiply by 2). To maximise the validity and reliability of the test, it is recommended that the measures be repeated at least three times. The average should then be determined by dividing the total number of measurements.