

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Course: \_\_\_\_\_ Section: \_\_\_\_\_

### **Exercise: Postural Effects on Blood Pressure**

1. Measure your radial pulse rate and blood pressure while sitting and record this value as beats/minute in the chart below.
2. Stand for 2 minutes with your legs “locked” and measure your pulse rate and blood pressure again.

<u>Body Position</u>	<u>Pulse Rate</u>	<u>Blood Pressure</u>
Sitting	_____	_____
After Standing	_____	_____