

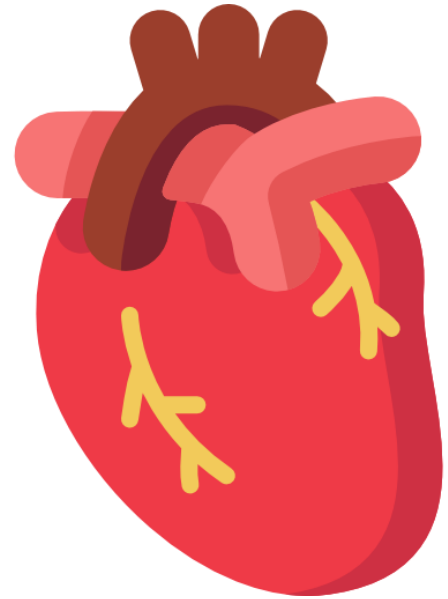
Biology Bricks Activity

The Strongest Muscle in the Body

The heart is the strongest muscle in the body. This simple activity tests your strength and pace using simple items you may have around you.

You will need:

- *A tennis ball*
- *Watch with a second hand, or a stopwatch*



Instructions

1. Pick up the tennis ball and squeeze it. The force required for you to squeeze it is very similar to the force needed to squeeze blood out of the heart.
2. Using the clock/stopwatch to time yourself, count how many times you can squeeze the tennis ball in a period of sixty seconds.
3. How close did you get to seventy times? This is the basic rate of a heartbeat. If you didn't get to this, then keep trying until you can get as close to it as possible.

How did your hand feel after sixty seconds?

How many times were you able to squeeze the ball in the first minute?

Just imagine having to do this constantly all day, every day. This is what your heart has to do.