

## VITAL CHECK STATION CARDS—STATION 1

### Instructions:

Follow the steps below to obtain your vitals at this station.

1. Sit down and take slow deep breaths for 1 minute. After the minute is up, continue to the next step.
2. Listen to the sound of your lungs and the number of breaths you take with the stethoscope for 30 seconds. Record this on your table.
3. Take your blood pressure to determine the pressure inside your blood vessels. Record this on your table.
4. Use the pulse oximeter to check your oxygen levels. Record this on your table.
5. Take your temperature. Record this on your table.

## VITAL CHECK STATION CARDS—STATION 2

### Instructions:

Follow the steps below to obtain your vitals at this station.

1. Walk around at a normal pace for 1 minute. After the minute is up, continue to the next step.
2. Listen to the sound of your lungs and the number of breaths you take with the stethoscope for 30 seconds. Record this on your table.
3. Take your blood pressure to determine the pressure inside your blood vessels. Record this on your table.
4. Use the pulse oximeter to check your oxygen levels. Record this on your table.
5. Take your temperature. Record this on your table.

## VITAL CHECK STATION CARDS—STATION 3

### Instructions:

Follow the steps below to obtain your vitals at this station.

1. Jog or run in place for 1 minute. After the minute is up, continue to the next step.
2. Listen to the sound of your lungs and the number of breaths you take with the stethoscope for 30 seconds. Record this on your table.
3. Take your blood pressure to determine the pressure inside your blood vessels. Record this on your table.
4. Use the pulse oximeter to check your oxygen levels. Record this on your table.
5. Take your temperature. Record this on your table.

## VITAL CHECK STATION CARDS—STATION 4

### Instructions:

Answer these reflection questions on your handout.

- If exercising prevents heart problems such as a stroke, why does your blood pressure, BP, rise when you exercise?
- Is there such a thing as too much exercise?
- What do you think was the cause of your BP rising? Do you know the name of the process that causes this?
- Why should you be concerned if your BP was high at your resting state?