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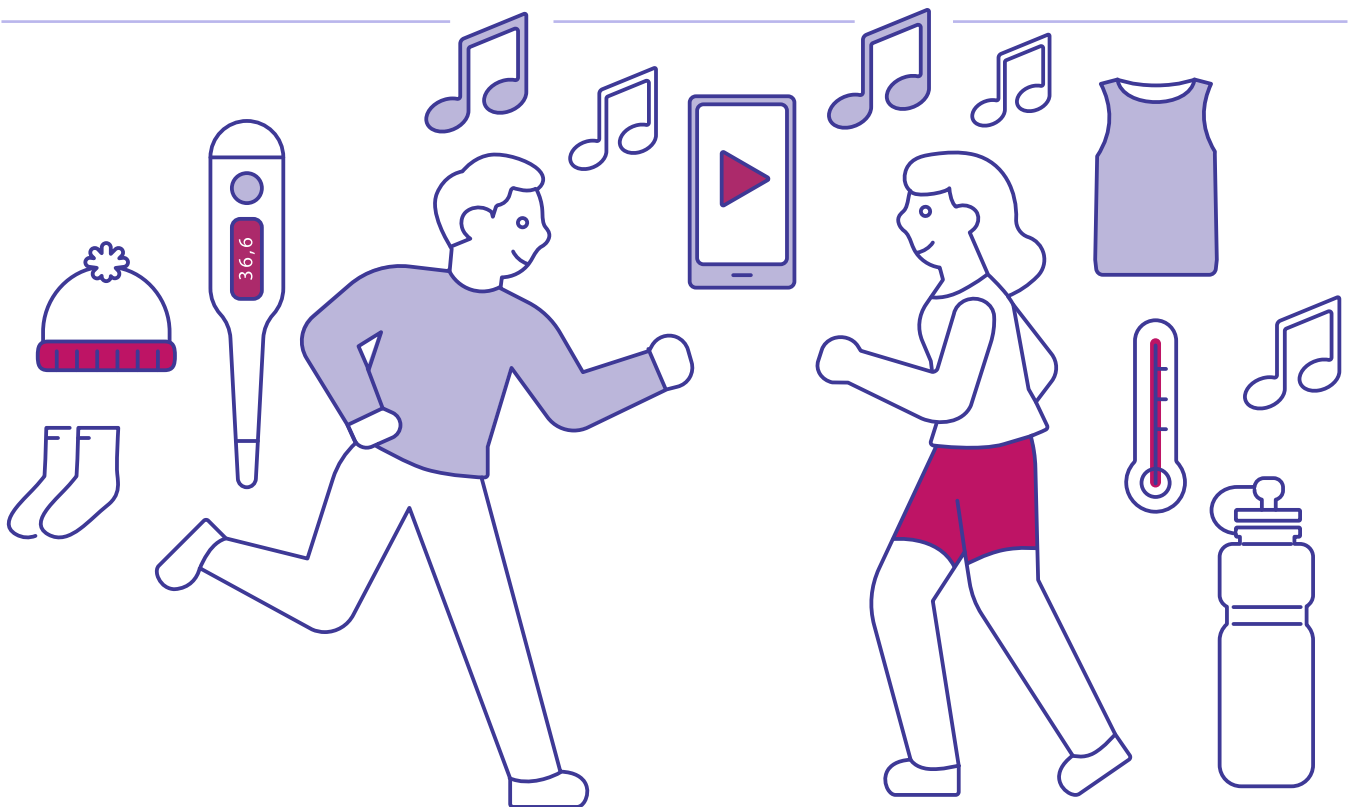# Exercising for science

Our bodies thermoregulate depending on the temperature of our environment. So, what kind of difference can clothes make on thermoregulation? What if you're exercising?

What you will need

- Thermometer (optional)
- Warm clothes – beanie, long pants, socks, coat
- Summer clothes – shorts, singlet or T-shirt
- Pen or pencil, to write down your observations
- Water bottle
- Your favourite song to dance to!

Did you know?

A single strand of hair can carry 100g of weight, and an average human head of hair can carry up to 12 tonnes?! That's the same weight as two elephants!

What to do

1. Using the thermometer, take your temperature with the clothes you are wearing right now. Write it down. If you don't have a thermometer, observe how you feel – do you feel hot, cold, or just right? Is your heartbeat fast or slow?

2. Change into your summer clothes.

3. Play your favourite song, do some star jumps and dance for the entire song!

4. When the song stops, take your temperature with the thermometer. Do you feel hot or cold? Are you sweating? Write down your observations.

5. Take a drink from your water bottle and wait at least 30 minutes before changing into your warm clothes.

6. Play your favourite song again and do star jumps or dance until the end.

7. When the song stops, take your temperature with the thermometer. Do you feel hot or cold? Are you sweating? Write down your observations.

8. Drink more water!

If at any time you feel dizzy or too hot to keep dancing, please listen to your body and stop the experiment.

Before exercise	
Your body temperature	
How you feel	
Heart Rate	
Amount of sweat	

Summer clothes	
Your body temperature	
How you feel	
Heart Rate	
Amount of sweat	

Warm clothes	
Your body temperature	
How you feel	
Heart Rate	
Amount of sweat	

Don't forget to take photos and share your results on social media with #ScitechAtHome

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