

## CWSF 2008 - Ottawa, Ontario



### Lihani du Plessis

#### Catch Your Breath!

**Division:** Life Sciences / None

**Category:** Junior

**Region:** Canadian Rockies

**City:** Canmore, AB

**School:** Lawrence Grassi Middle School

**Abstract:** In our project we measured the pH levels in the human body's breath before and after exercise. The participants did two different types of exercise, anaerobic and aerobic. We measured their pH levels using a respirometer. We conclude that the more people participate in physical activity on a regular basis, the less Carbon Dioxide they exhale therefore the lower the pH.

#### Biography

I love figure skating, downhill skiing and track and field! Can't live without chocolate or music! I'm in grade seven, Lawrence Grassi middle school, Canmore AB. I'm from South-Africa. It's my birthday when I'm at the CWSF !!!!!!! I'm a Jesus Freak!!! That's me! Lihani du Plessis I'm stoked for CWSF ya !! Can't wait any longer!!