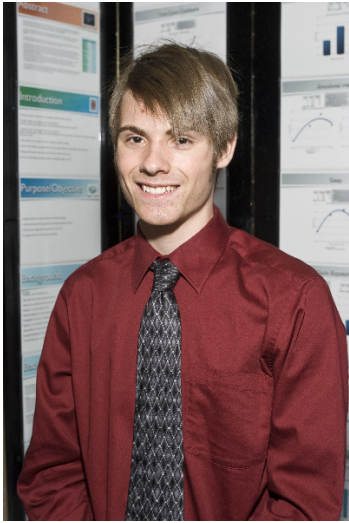


## CWSF 2010 - Peterborough, Ontario



### Joseph Sexton

#### Exercising Your Mind

**Division:** International

**Category:** Senior

**Region:** North Bay

**City:** North Bay, ON

**School:** West Ferris S.S.

**Abstract:** Exercising Your Mind is a study that determined whether or not the health of an individual influences their grade levels in school. The study revealed how health; such as exercise, nutrition and food consumption, emotional health, toxin exposure, and body mass index affect the cognitive functionality of the brain.

#### Biography

Currently attending West Ferris Secondary, Joseph Sexton is a 17 year old student in grade 11. Joseph spends the majority of his time doing homework, while in his spare time he enjoys walks with his dog, running, and other various exercises. Joseph has been a vegetarian for around 1 1/2 years, and has been vegan for 10 months. Joseph is very interested in health and wellness of the body, giving the basis for his science fair project "Exercising Your Mind". Joseph has been interested in astronomy since grade 6, when he had to do a project concerning Mars. This sparked the interest in astronomy, and he has post-secondary plans of studying astrophysics.