

CWSF 2011 - Toronto, Ontario



Lauren Smith

Playground Prescription

Challenge: Health

Category: Junior

Region: Bay Area

City: Dundas, ON

School: Hillfield Strathallan College

Abstract: This study determined what type of exercise sick and healthy children prefer, and whether perceived exertion effects enjoyment of exercise. 10 children with chronic disease were compared to 10 healthy controls. VO₂ max testing was performed at visit 1; a moderate-intensity continuous exercise (MICE) at visit 2, and a high-intensity intermittent exercise (HIIE) at visit 3. Results showed both groups preferred HIIE.

Biography

I am a tall, enthusiastic 13 year old who is described by others as always happy! I am in grade 8 and really excited about going into grade 9 at a new school in the fall. I have lived in the middle east for awhile and because of that I have friends in different countries! I have been on my school's swim, field hockey and grade 8 soccer teams, and I play the flute in the concert band. I just played at Roy Thompson Hall in a big music festival and it was very exciting. I have also danced the Nutcracker with the National Ballet of Cuba, in Havana in the Gran Teatro in 2010. I was a mouse, and a piece of candy! This experience gave me the chance to see Cuba and that added to my love of travelling. Apart from ballet, I also study jazz and tap which are fun. I am also a right winger on my hockey team. I want to go to university on a scholarship (maybe hockey or rowing) and study medicine.