

CWSF 2011 - Toronto, Ontario



Milton King

Accessible Exercise

Challenge: Innovation

Category: Senior

Region: Chignecto East

City: Oxford, NS

School: Oxford Regional High School

Abstract: My project is a fitness vest and belt that simulates weight lifting through using elastic rubber bands. The bands are connected to a piece of chain which, is then connected to a metal ring. The rings are placed on the vest and belt. The rings on the vest are attached to each other with a shoelace that is laced on the inside of the vest.

Biography

My name is Milton King, age 18. I play basketball, soccer, softball, track and field, cross country running, badminton, tennis, and golf. I enjoy playing the guitar, both acoustic and electric, the piano, the snare, and the banjo. I am currently the president of the Oxford 4-H Club and Students' Council, and hold the rank of MWO in cadets. I am also a member of the Envirothon Club. I received the youth volunteer award for my town in a previous year and the bronze level of the Duke of Edinburgh challenge. Other awards I've received include the Lieutenant Governor award, regional junior scholar athlete award, highest average grades 6 through 11, and an Engineers of Nova Scotia award. After graduating this year, I will begin a Bachelor of Science program, majoring in mathematics. In my community, I participate in park clean ups, canvassing for the Kidney Foundation, actor in local theatre productions, and am a musician for two churches and an acolyte for one. I am inspiring to become an architect and plan to get my architecture license later in my life.

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