

## CWSF 2011 - Toronto, Ontario



### Annika Krizan

#### Give Your Brain a Workout

**Challenge:** Health

**Category:** Junior

**Region:** Beaufort-Delta

**City:** Inuvik, NT

**School:** Samuel Hearne Secondary School

**Abstract:** Aerobic activity prior to tests or classes increases students' ability to concentrate . But is this because it increases students' short-term memory? A random sample of students went through 5 minutes of skipping rope followed by 15 seconds of studying a set of words and pictures. The control group did not go through the exercise step. Exercise seemed to increase memory by approximately 25%.

#### Biography

My name is Annika Krizan, I am in the eighth grade at Samuel Hearne Secondary School In Inuvik Northwest Territories. This will be my first time attending a national science fair, and I'm looking forward to it. I enjoy Figure skating, swimming and soccer. But my passion is figure skating; I've been skating with the Inuvik figure skating club for 5 year. I have participated in various competitions across the Northwest Territories and I been awarded 10 gold medals, 2 silver medals, and a bronze medal. I'm looking forward to the figure skating try-outs for 2012 Arctic Winter Games in Whitehorse (Yukon). My favorite subjects are Math because I love solving math equations. I also like English Language Arts as I like to read, and write stories.

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