

CWSF 2012 - Charlottetown, Prince Edward Island



Hannah Martin

Girls...Get Moving!

Challenge: Health

Category: Intermediate

Region: Chignecto East

City: Tatamagouche, NS

School: North Colchester High School

Abstract: This year my project is a study on the health of females (grades 4-12) in Tatamagouche, Nova Scotia. I created surveys with questions based on subjects' sedentary and physical activity patterns, and also their reasons for having low or no physical activity levels. I graphed all collected data, found significant patterns and created an action plan to change them.

Biography

My name is Hannah Martin and I live in Tatamagouche, Nova Scotia. I'm a grade 9 student at North Colchester High School. Since grade 7, I have been an honors with distinction student and have ranked first with top marks in my grade. I enjoy all of my classes and am also on the student council. This year I was captain on both the school soccer and basketball teams. In my free time, I draw, read, write and run. I'm currently training for a half marathon in June and writing my first novel. Outside of school I have several hobbies. I play the snare drum, fiddle and piano, and love the outdoors. This year I won 4th overall at my regional fair with my health study on youth female physical activity, and it's my third year attending the CWSF. My project inspiration came from a magazine I found which stated that for the first time, youth in Atlantic Canada are at risk of dying before their parents. I am taking action by applying for several grants which will potentially go towards a bike club in my community. My best advice is to do a project on something you're passionate about!