

## CWSF 2005 - Vancouver, British Columbia



### Jacob Carter

#### The Positive/Negative Implications of Wearing Ankle Weights

**Division:** Health Sciences

**Category:** Senior

**Region:** Chignecto East

**City:** Pictou, NS

**School:** Pictou Academy

**Abstract:** This experiment attempted to reveal some of the mysteries of the results of wearing ankle weights. With various limitations set upon a strong foundation of research and execution, some interesting effects of wearing ankle weights have been discovered.