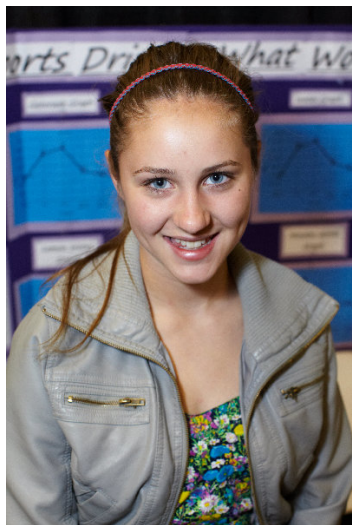


CWSF 2012 - Charlottetown, Prince Edward Island



Desiree Gosselin

Sports Drinks: What Do They Really Do?

Challenge: Health

Category: Junior

Region: North Okanagan/Shuswap

City: Vernon, BC

School: Charles Bloom Secondary

Abstract: My project is an experiment to figure out whether sports and energy drinks do exactly what they are advertised for. To figure this out I had to experiment with different drinks and analyze my results from each drink to see which drink was the most beneficial.

Biography

My name is Desiree Gosselin. I go to Charles Bloom Secondary school in British Columbia. I love running, reading, doing good in class, riding horses and many other things. Some of my achievements include lots of track and field as well as completing a cancer run from Langton B.C. to Vancouver B.C. to raise money for cancer patients. For my post secondary education, I would like to go to the Kingston University in Ontario and specialize in sciences with the body. I got the inspiration for my project through just being curious about my own running abilities and if different drinks can help me. For further investigations, I plan to continue to run and experiment with my results while drinking different recipes (drinks). My advice to other students taking part in a project is to do something you are interested in. Also do something that you might be able to benefit from like the project I have done for example.