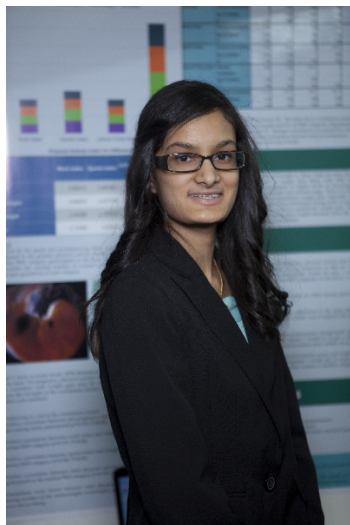


CWSF 2013 - Lethbridge, Alberta



Maithili Udupa

Exercise for an Embryo!

Challenge: Health

Category: Senior

Region: Wood Buffalo

City: Fort McMurray, AB

School: Westwood Community High School

Abstract: The purpose of this project is to describe the influence of pre-pregnancy physical activity on gestational weight gain among women with different pre-pregnancy BMIs. Physical activity data was separated into four distinct dimensions (work, sports, leisure and total) to find specific links between the rigorousness of the activity performed and weight gain. Maintaining a healthy exercise regime is essential prior to one's pregnancy.

Biography

My name is Maithili Udupa. Currently, I am completing my Grade 12 year in Westwood Community High School, Fort McMurray, Alberta. I am originally from India but I was born in Saudi Arabia. This will be the second time I will be participating in the Canada Wide Science Fair so I thank the Wood Buffalo Youth Science Foundation and Youth Science Canada for giving me this amazing opportunity. Science fair provides youth with valuable experiences and knowledge so I am thankful to be part of it again in my last year of high school! My hobbies include swimming and reading and I have taken classes in piano and Carnatic Indian music. In my spare time, I enjoy volunteering and have done so at the local hospital, community college (English tutor), and RCMP youth national council. Moreover, I am also part of the Mayor's Advisory Council on Youth which allows me to be actively involved in the community's development. This project was inspired due to curiosity on the effect of pre-pregnancy weight physical activity on the development of the baby. In the future, I hope to pursue a career as a pediatrician or an oncologist.

Awards

Value

Excellence Award - Senior - Bronze Medal Sponsor: Youth Science Canada	\$100
University of Ottawa Entrance Scholarship Senior Bronze Medallist - \$1000 Entrance Scholarship Sponsor: University of Ottawa	\$1 000
Western University Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: Western University	\$1 000
Total	\$2 100