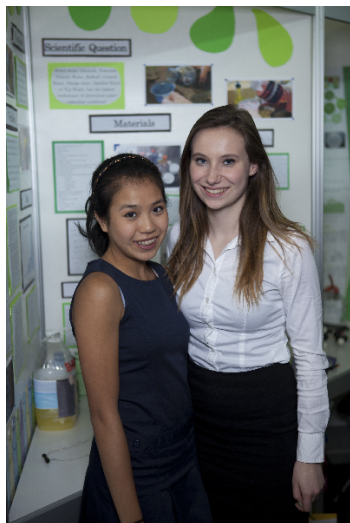


CWSF 2013 - Lethbridge, Alberta



Mattea Lee, Bristol Lewis

Ease Your Workout with Electrolytes

Challenge: Health

Category: Intermediate

Region: Calgary Youth

City: Calgary, AB, Calgary, AB

School: Western Canada Senior High School, Westmount Charter School

Abstract: We tested the conductance of electrolytes in Gatorade, Powerade, coconut water, orange juice, RedBull, Vitamin Water, distilled water and tap water, using a conductance sensing unit we constructed. We then went on to carefully formulate our own sports drink, and tested its effects on the heart rate recovery time of runners. The proper balance of sports beverage ingredients is important for optimum human health.

Biographies

Mattea - Hi! My name is Mattea; I am a ninth grade student at Westmount Charter School. My hobbies include hanging out with friends, participating in any type of sports, and occasionally photography. I love physical activity, my favorite sport is Taekwondo. Last year, I received my black belt and I have been competing competitively since. I also volunteer to help out and teach kids from ages 4 to 10, it's so much fun to watch the kids grow and mature. I have also have done badminton competitively, and was a part of the volleyball team at school. Bristol, my partner is also very active, she is an amazing volleyball athlete, and has coached me during

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Bristol - My name is Bristol Lewis and I am a grade 9 student at Westmount Charter School in Calgary, Alberta. This is my first year participating in science fair, and I am so excited for the amazing opportunities that the Canada Wide Science Fair has to offer. I hope to learn a lot while in Lethbridge, and know that it will be a memorable experience that I will treasure my whole life through. Even through all of the hard work, I have enjoyed every moment of the development of our science fair project, and could not have asked for a better partner. I love science and its many aspects, and am interested in all that there still is to learn throughout hig...

Awards

Value

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