

## CWSF 2005 - Vancouver, British Columbia



### Melanie Dyck

#### Does exercise affect the human body's blood pressure?

**Division:** Health Sciences

**Category:** Junior

**Region:** River East Transcona

**City:** East St. Paul, MB

**School:** Robert Andrews School

**Abstract:** Research discusses high/low blood pressure and related health risks. Participants ran for fifteen minutes on a treadmill. After exercise, participants' blood pressure was measured every five minutes for twenty minutes to see if exercise affects the body's blood pressure. Results indicated that blood pressure decreases over the allotted time.