

## CWSF 2014 - Windsor, Ontario



### Meghan Chisholm

#### Does the stimulus of the modern chair elicit a sedentary response?

**Challenge:** Discovery

**Category:** Senior

**Region:** Strait

**City:** Antigonish, NS

**School:** Dr. John Hugh Gillis Regional School

**Abstract:** Sedentary behaviour in adolescents was observed, relevant as sedentary behaviour is studied to have health complications. Available seating was manipulated to observe its relationship with a sedentary response. The data determined the occurrence, duration, and rate of sitting, and kinetic and tactic movements. The results indicated that the chair is part of a stimulus and response mechanism in adolescents that elicits sedentary behaviour.

#### Biography

Meghan Chisholm is a grade 12 IB Student in Nova Scotia. She aspires to succeed in all aspects of her life, academically, athletically, through extra-curricular activities and volunteering. She attended Shad Valley and was inspired to "make a difference that makes a difference." She strives to be a role model and active leader to make meaningful change in her school and community. She is excited to attend Dalhousie University next year, where she has been accepted into Medical Sciences to begin her professional goal of medicine. She came across a Runner's World article last year that sparked her idea for science fair, called "Is Sitting the New Smoking?" After this explicit health hazard warning, she became increasingly aware of the dangers sedentary lifestyles, and had seen it worthwhile to investigate if individuals respond to an environment that enables this behaviour. She intends to further her research based upon the discovery of a stimulus and response mechanism with negative health implications by seeing if it can be conditioned to change. She encourages students planning to do a project to ask questions about something that sparks their passions. Students will be hooked on an idea, pondering their projects nonstop.

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