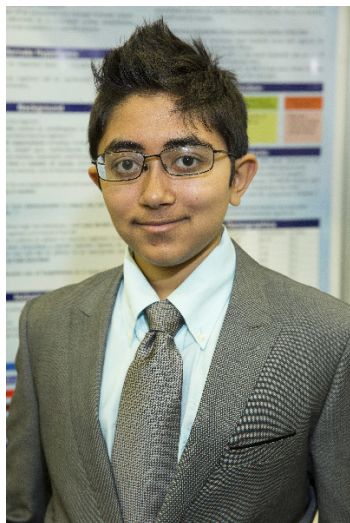


# CWSF 2014 - Windsor, Ontario



## Avinash Pandey

### Addressing Forgetfulness as a Contributor to Inactivity: A Text Message Solution

**Challenge:** Health  
**Category:** Senior  
**Region:** Waterloo-Wellington  
**City:** Waterloo, ON  
**School:** Waterloo Collegiate Institute  
**Abstract:** Inactivity post-heart attack is common and can have serious repercussions. The purpose of this study was to assess the role of forgetfulness in inactivity and the effectiveness of an automated text message reminder system to improve exercise adherence. In 50 individuals, text message reminders resulted in a 40% improvement in exercise adherence over 1 year. Forgetfulness appears to be a significant contributor to inactivity.

#### Biography

My name is Avinash Pandey and I am a grade 11 AP student at Waterloo Collegiate Institute in Waterloo, Ontario. I am a bit of a science geek who believes that science can advance human understanding and contribute to the improvement of the human condition. I aspire to one day be a scientist, contributing to human knowledge and well-being. In grade 9, I participated in the Canada Wide Science Fair and won a gold medal and the challenge award for the best health science project. Last year, I won 3rd place at the 2013 Intel International Science Fair in Arizona. I was inspired to research exercise non-adherence when I became aware of the alarming statistics on high rates of inactivity and its impacts on disease progression and premature death. I developed a system of automated text messages to address this problem. During the upcoming months, I hope to have my findings published so that the system I have created can benefit others. I have one piece of advice for anyone who is working on a science fair project this year: don't be afraid to explore an novel concept. Sometimes the simplest ideas can have the most profound impact.

#### Awards

#### Value

Excellence Award - Senior - Silver Medal Sponsor: Youth Science Canada	\$300
Dalhousie University Faculty of Science Entrance Scholarship Senior Silver Medallist - \$2500 Entrance Scholarship Sponsor: Dalhousie University, Faculty of Science	\$2 500
UBC Science (Vancouver) Entrance Award Senior Silver Medallist - \$2000 Entrance Scholarship Sponsor: The University of British Columbia (Vancouver)	\$2 000
University of Ottawa Entrance Scholarship Senior Silver Medallist - \$2000 Entrance Scholarship Sponsor: University of Ottawa	\$2 000
Western University Scholarship Silver Medallist - \$2000 Entrance Scholarship Sponsor: Western University	\$2 000
<b>Total</b>	<b>\$8 800</b>

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