

# CWSF 2015 - Fredericton, New Brunswick



## X-treme Body Fuel

**Challenge:** Discovery

**Category:** Junior

**Region:**

**City:** ,

**School:**

**Abstract:** Health and Wellness is very important to humanity. It is essential to provide your body with healthy, hydrating and energy producing foods and liquids. Exercise and sport are also a fun and important part of living a healthy active lifestyle. I want to create a homemade drink that provides electrolytes, energy and hydration while allowing me to perform my very best during sport and exercise.

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