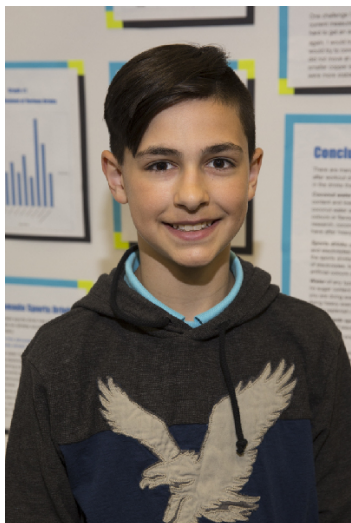


## CWSF 2016 - Montreal, Quebec



### Christopher Fortini

#### Attention Athletes...Do You Know What You're Drinking?

**Challenge:** Health

**Category:** Junior

**Region:** Toronto

**City:** Vaughan, ON

**School:** De La Salle College - Oaklands

**Abstract:** All athletes know about the importance of drinking during and after exercise, but do all athletes know what is in these drinks? The purpose of this experiment was to find the electrolyte and sugar content of various drinks to see which drink would be the best choice to replenish electrolytes and keep you hydrated after a workout, without giving you an unhealthy amount of sugar.

#### Biography

My name is Christopher Fortini and I am a grade 7 student at De La Salle College in Toronto. I love to be active and to play sports. In the winter months I play hockey, and in the summer I play soccer. I also enjoy swimming, riding my bike and this year I am learning to play golf. Some of my other interests include fishing, reading sports magazines and playing video games. My favorite subjects at school are math and science. I think that I would like to have a career in a science field one day. Because of my love of sports, I was very interested in learning more about sports drinks. I tested various drinks to see which would be the best drink for athletes by measuring the electrolyte and sugar content of each drink. I wanted to help kids like me make good choices about what we drink when we do physical activities. At the Toronto Science Fair, I won a gold medal and I also won the Life Labs Award of Merit. I am very excited to be one of the winners representing Toronto at the Canada Wide Science Fair in Montreal.

#### 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

