

CWSF 2019 - Fredericton, New Brunswick



Ava Fischer

Stand Open

Challenge: Health

Category: Junior

Region: Simcoe County

City: Collingwood, ON

School: Pretty River Academy

Abstract: Teen depression and anxiety are on the rise and so is the amount of time teens spend on devices. This experiment explored the effects of expansive postures on confidence scores. 154 participants were put in two groups: a control and one that practiced expansive postures following device use. Expansive postures following screen use could help us to thrive and integrate technology in our lives.

Biography

Hi! Ava Fischer here. I'm a Grade 7 student in Collingwood, Ontario. I love reading, shooting hoops, oh, and did I mention reading? I have a passion for human health that amplified through researching my science fair project. This year, my project focuses on using expansive posture poses to raise testosterone (aka the confidence hormone) to counteract the adverse mental health effects caused by closed posture poses that causes cortisol (aka the stress hormone) levels to rise. More and more my friends and family are using their devices a lot. I dug into this project in my quest to help find a way to use phones and have a healthy lifestyle. Someday I aspire to be an anesthesiologist and family doctor like my mentor Dr. Macdougall. At my school Science Fair is life. Each year I have been inspired by other students and friends who were going to Canada Wide Science Fair, and this year attending the CWSF is a dream come true. The whole world is a puzzle that is ready to be put together, I can't wait to dig deep into my passions and put the pieces together to solve as many puzzles as possible!

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