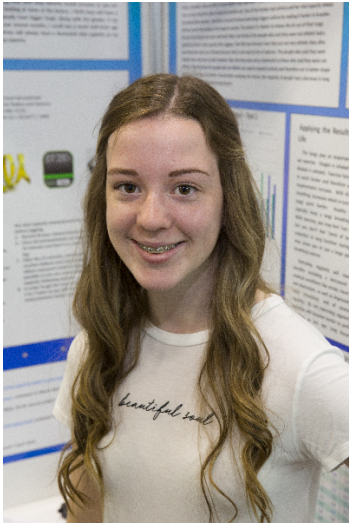


# CWSF 2019 - Fredericton, New Brunswick



## Hallie Oke

### Breathe in, Breathe Out

**Challenge:** Health

**Category:** Junior

**Region:** Avon Maitland-Huron Perth

**City:** Exeter, ON

**School:** South Huron District H.S.

**Abstract:** Breathe In Breathe out, is an experiment to assess lung capacity before and after exercise using a balloon model. A series of mathematical equations were utilized to determine a person's lung capacity before and after exercise. This information helps to determine an individuals lung health, and will provide the participant with the knowledge of how lung capacity is important, and how to improve it.

### Biography

My name is Hallie Oke. I am in grade 8 student at South Huron District High School located in Exeter, Ontario. I have 3 siblings and am the youngest of the four of us. I love to play hockey and soccer and participate in many school activities like basketball and volleyball. I'm apart of Student Council where I help create innovative ideas for our school to participate in. As well, I consider myself to be intelligent, responsible and reliable. I got the inspiration for my project idea by being very interested in human biology and as an athlete, it is very intriguing to learn what can be affected by exercise. In addition, if I were to further my investigation, I would look at more factors that could impact your lung capacity like height, weight, mood, etc. To other students thinking about doing a project, I would tell them to go for it and never give up. Although, the work can be overwhelming, as soon as it is complete, there is a feeling of accomplishment that is worth so much more. You just have to battle through the work because the outcome is an unforgettable experience.

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