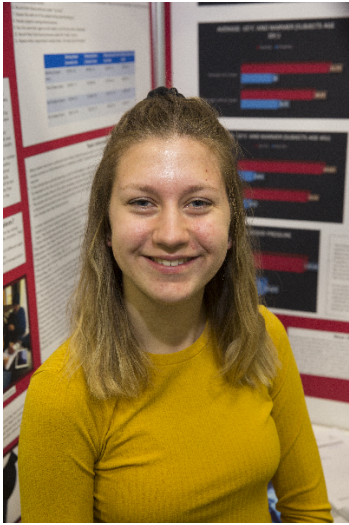


## CWSF 2019 - Fredericton, New Brunswick



### Marley Shewchuk-Iwankow

#### The Chilling Truth

**Challenge:** Health

**Category:** Intermediate

**Region:** Frontier Schools

**City:** West Hawk Lake, MB

**School:** Falcon Beach School

**Abstract:** The question that I asked is if wearing face protection in cold temperatures could help stop blood pressure from spiking during physical activity. This question was based off the fact that many people have heart attacks every year, specifically by shovelling in the cold. I wanted to see if wearing something over your face, such as a scarf, could help reduce that risk.

#### Biography

My name is Marley Iwankow and I am a grade 9 student at Falcon Beach School. I enjoy listening to music, as well as playing the fiddle and the ukulele. Some other hobbies of mine are skiing, snowboarding, drawing, photography, and spending money that I don't have. I got the idea for my project off an article that I found interesting. The article talked about how many heart attacks occur in the winter from shovelling snow. I would like to continue my project further by testing on more people. Some advice that I would give to anyone looking to do an experiment is to find something that you are interested in and go from there.