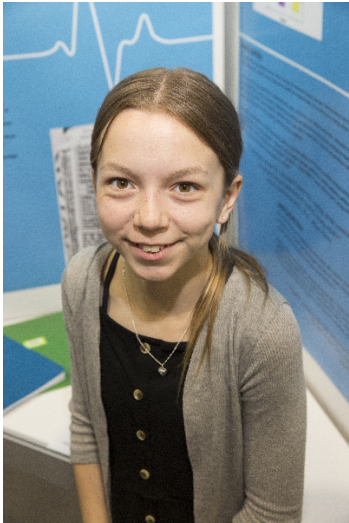


## CWSF 2019 - Fredericton, New Brunswick



### Rayna Shepherd

#### Energy Drink Effects on Blood Pressure and Heart Rate

**Challenge:** Health

**Category:** Junior

**Region:** Western Manitoba

**City:** Brandon, MB

**School:** Kirkcaldy Heights

**Abstract:** Energy drinks are consumed by many young people. They are available everywhere with very few regulations. I wondered if there were any health risks associated with energy drink consumption. I decided to study what effect "Rockstar" energy drink might have on blood pressure and heart rate. More research could be done in this area to provide greater awareness of potential health risks.

#### Biography

My name is Rayna Shepherd. I am a Grade 7 student at Kirkcaldy Heights School in Brandon, Manitoba, where I live with my parents, my older sister, and my dog, Harley. I enjoy participating in multiple sports. I am currently a middle distance runner with a track club called Prairie Storm Athletics. I have run Cross Country and track with my school for a few years. During the winter, I play ringette for the Brandon Blizzards. I am a forward and I've loved playing ringette for the past six years. We recently won the Silver Medal in Provincials. I enjoy downhill skiing on family vacations, and have been doing that for about 9 years. I am a doubles player on my school badminton team. I am interested in the medical field, as I would like to become a Dietician. I plan on going to Vincent Massey High School. My project idea was inspired by my sister. She's a teenager, and she told me stories about some teens drinking a lot of energy drinks! I look up to my sister in many ways. I am very excited about the opportunity to attend the Canada Wide Science Fair in Fredericton this year.

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