

## CWSF 2006 - Saguenay, Québec



### Renée Rogers

#### Run of the Mill

**Division:** Life Sciences

**Category:** Junior

**Region:** Vancouver Island

**City:** Victoria, BC

**School:** St Margaret's

**Abstract:** I did an experimental project to determine whether or not running on the treadmill was less exercise than running outside on a track. I had eleven subjects participate in my experiment, and my results showed that running on the treadmill is less exercise.