

## CWSF 2007 - Truro, Nova Scotia



### Christina Vis

#### Sandra Ski

**Division:** Health Sciences / None

**Category:** Intermediate

**Region:** Prince Albert & Northeast Saskatchewan

**City:** Prince Albert, SK

**School:** Carlton Comprehensive High School

**Abstract:** In order to promote a healthy lifestyle, physical activity, even in winter, is a must. To facilitate outdoor movement and minimize energy expenditure, I created a device to snap onto a walker's wheels, thus increasing the likelihood that people with limited ability would be more comfortable moving out of doors.

#### Biography

My name is Christina Vis. I am 14 years old and in grade 9. I have been in band for six years and I play the clarinet. I live in Prince Albert Saskatchewan. I love the outdoors and playing sports. I like to play basketball, swim, bike, water ski, and go snowmobiling with my family. I don't have any pets but I used to have two iguanas. I hope to go to university on a scholarship, play university basketball, and become a high school gym teacher.