

## CWSF 2007 - Truro, Nova Scotia



### Tiffany Kanda

#### Will Counting Your Steps Change Your Attitude And Physical Health

**Division:** Life Sciences / None  
**Category:** Junior  
**Region:** West Kootenay & Boundary  
**City:** Trail, BC  
**School:** St Michael's Elementary  
**Abstract:** How physically fit are you? My project demonstrates that all Canadians should assess their fitness level by wearing a pedometer for one week and discovering if they walk an average of 10 000 steps per day. Let's say goodbye to obesity and prevent diabetes, heart disease and some cancers by taking a brisk walk each day! Go for 10 000 steps a day Canadians!

#### Biography

Hi, I am Tiffany Kanda, a twelve year old student in my final year at St. Michael's Elementary School in Trail, British Columbia. I live with my dad, mom, nine year old brother Ben, my dog, Lady, and six fish. We are a closely knit, religious family and we try to get together with our extended family as often as we can. I am also fortunate to have great friends like Annie, Aparajita, Carissa and Bethany. School is very important to me where I enjoy writing, science, P.E., math and art classes. There I choreograph liturgical dances, help run the school store and the milk program plus I participate in the band, choir, volleyball and track teams. Dancing, however, is my passion. I am in the Steps Dance junior company with my friends Julia, Cydney, Sierra, Kelsey, Rachel and Jourdynne. We are together so often that we act the same and we work very hard to perfect our ballet, tap, jazz, hip hop, musical theatre and modern dances. In my "spare" time I like to read mystery books and play on a softball team.