

## CWSF 2009 - Winnipeg, Manitoba



### **Change between a higher ratio of slow twitch to fast twitch muscle fibers**

**Division:** Life Sciences / None

**Category:** Intermediate

**Region:**

**City:** ,

**School:**

**Abstract:** For my project, I was wondering if it is possible to convert a higher ratio of slow twitch muscles to a higher ratio of fast twitch muscles. I have come up with the results that the conversion is possible, but only modest. This conversion takes months or years and can only convert in type 2x to type 2a muscle fibres.