

## CWSF 2009 - Winnipeg, Manitoba



### Julia Roglich

#### Music for Your Heart?

**Division:** Life Sciences / None

**Category:** Junior

**Region:** Bay Area

**City:** Stoney Creek, ON

**School:** Holy Spirit E.S.

**Abstract:** This project studied the effects of music on the blood pressure and heart rate of grade seven students. Measurements were taken after listening to two minutes of both slow and fast tempo music; these results were compared to baseline. Slow tempo music was found to be effective in lowering both blood pressure and heart rate. Fast tempo music increased heart rate and decreased blood pressure.

#### Biography

My name is Julia Roglich. I am a grade seven student at Holy Spirit School in Hamilton, Ontario. I am lucky to have had many great experiences over the years with my school. I have been involved in several challenging academic activities which include: Regional Math Challenge, Public Speaking, Regional Systems Science Fair, and Regional Historical Fair. In 2007 I was lucky to be chosen to represent Hamilton in the Provincial Historical Fair which took place in Ottawa. I am involved in many extra-curricular activities. I play basketball, tennis, and run cross-country. In the winter I enjoy skiing and snow boarding. Throughout the year I take piano and dance lessons. I study several different types of dance which include ballet, jazz, tap, acro, and musical theatre. I also take part in dance competitions with my studio. In my spare time (not that I have a lot) I love to escape in a good book! I am grateful to Bay Area Science and Engineering Fair (BASEF) for giving me the opportunity to represent them at the 2009 CWSF in Winnipeg, Manitoba. This is a huge honour for me and I will do my best to make BASEF proud!

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