

## CWSF 2010 - Peterborough, Ontario



### Leona Shepherd

#### Your Memory: On Exercise!

**Division:** International

**Category:** Junior

**Region:** Calgary Youth

**City:** Calgary, AB

**School:** Dr. Gordon Higgins Junior High School

**Abstract:** This project, which studied the effects of mild exercise on the short-term memory of a group of subjects aged 13-18, consisted of 3 short-term memory tests. These tests were conducted after normal school-work, a 10-minute card game, then a 10-minute walk. Test results were not entirely conclusive. More studying would be required to prove my theory that mild exercise would improve the subjects' short-term memory.

#### Biography

My name is Leona Shepherd, and I am in grade 8 at Dr Gordon Higgins Jr. High School in Calgary, Alberta. In grade 4 I entered the G.A.T.E. program, (gifted and talented education) following in my older sister's footsteps, and have been in the program ever since. I play flute in the concert band at my school, and would like to learn the alto saxophone. I have also played organized soccer since I was 6. I enjoy and am involved with other sports in my school, including badminton, volleyball, and cross-country running. I enjoy skiing and being with my large extended family and friends. I also enjoy animals and nature very much, and in the future I might try and become an ecologist, or maybe a professional soccer player.

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