

# CWSF 2010 - Peterborough, Ontario



## Jorden Freeman

### Muscle Fibre Conversion and Dietary Involvement

**Division:** International

**Category:** Senior

**Region:** Peace Country

**City:** High Level, AB

**School:** High Level Public School

**Abstract:** Athletes can no longer rely on natural abilities and hard training. The athletes must contain a healthy balance diet cantaining Carbohydrates, fats and, protiens which are broken down and help produce glucose and glycogen which are the energy sources for a muscle. Even though diet does not have a direct contribution to muscle conversion it plays a vital role in energy production for the muscle.

### Biography

My name is Jorden Freeman I live in High Level, Alberta. i am a very active person and I participate in cross country running as well as track and field. I enjoy outdoor work rather than sitting in an office. for post secondary i am am taking my first year welding for back up then taking a career in sports medicine.

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