

# CWSF 2010 - Peterborough, Ontario



## Kevala Van Volkenburg

### Step It Up, Students

**Division:** International

**Category:** Junior

**Region:** Northern British Columbia

**City:** Fort St. John, BC

**School:** Charlie Lake Elementary

**Abstract:** Do students in grade 4, 5 and 6 get enough exercise? Most students did not. I tested 10 students in each grade with a pedometer for 6 days, and compared the results to the ActNow BC standard of 16,500 steps per day. I hope that my survey results will encourage schools to make a better program so kids can achieve enough exercise each day.

### Biography

My name is Kevala. I have enjoyed participating in science fair since I was in grade 3. I know that lack of exercise and overweight is a growing health crisis, and I wanted to do a project to identify whether kids in my school are getting enough activity. My other interests include oceanography and sports. I live on a farm in the country and enjoy my pets. I also have a cow of my own which is going to have a calf this spring. Sometimes I help my parents around the farm. I am a competitive gymnast and play badminton. I enjoy swimming and Junior Lifeguard Club. I enjoy the challenges of looking after younger children. I hope to continue with Science Fair in years to come.

### Awards

### Value

|   |                |
|---|----------------|
| The University of Western Ontario Scholarship<br>Bronze Medallist - \$1000 Entrance Scholarship<br>Sponsor: University of Western Ontario | \$1 000        |
| Bronze Medal - Health Sciences - Junior<br>Sponsor: Canadian Institutes of Health Research  | \$300          |
| <b>Total</b>  | <b>\$1 300</b> |