



**CALIFORNIA STATE SCIENCE FAIR
2007 PROJECT SUMMARY**

Name(s) Benjamin D. Borges	Project Number J1105
Project Title Walk Your Way to Better Health	
Abstract Objectives/Goals The purpose of my science fair project was to see how walking affects a diabetic's blood glucose levels. I was interested in learning if a Type II diabetic could benefit from a short walk. Methods/Materials I asked three Type II diabetics, who control their diabetes with Glucophage medicine, to participate in my experiment. I had them check their blood glucose levels before and after walking approximately 2500 steps in 20 minutes after a light meal. I recorded their results for one week. Materials used: blood glucose meters, lancets, test strips, pedometers, and a timer. Results Most of the results were as I predicted, but I discovered a few unexpected results. I found out that walking does lower blood glucose levels in most circumstances, but if the levels are too low before walking, they actually rise. I also learned that the higher the levels are before walking, the more they decrease. Conclusions/Discussion Throuh my experiment, I learned that Type II diabetics who take Glucophage can benefit from taking a short 20 minute walk each day. Although, it's very important to check your blood before walking to make sure you're at a healthy level before you proceed.	
Summary Statement My project tested blood glucose to see whether or not a Type II diabetic could benefit from a short walk.	
Help Received Susan Yoshimura, diabetes educator at Tulare District Healthcare provided pamphlets and answered questions about diabetes for me. My mom shopped for my supplies (posterboard, report folder, and paper).	