



**CALIFORNIA STATE SCIENCE FAIR
2013 PROJECT SUMMARY**

Name(s) Vanessa Sierra	Project Number S1214
Project Title Got Balance?	
Abstract Objectives/Goals This experiment was performed to discover whether a T- Band improves an individual's balance when it is worn on the wrist like stated in their advertisement. Methods/Materials I tested the balance of people standing on one leg using a force plate. Each person did three trials. The first trial is without any bands; this is the control. Next, I have them put on a rubber band as a second control. For the final trail, they put on the T- Band. All my data is collected by using a Lab Quest2, allowing me to visually see the results on graphs. Results The result of my experiment is that any improvement by the T- Bands is due to chance. Conclusions/Discussion T- Bands do have a greater effect on one's balance than a rubber band, yet after analyzing the results with a Chi- square, it is not statically significant proven to work. The claim it has of encountering electromagnetic waves with negative ions to improve balance is not matched with the results of the experiment I performed.	
Summary Statement My project's purpose is to find out whether a T- Band improves an individual's balance while wearing it on the wrist.	
Help Received Teacher Riccardo Magni helped me get a hold of materials used and provided supervision.	