

## Caledon native wins People's Choice Award at Canadian 3MT finals

Carly Cameron has found she's able to discuss her research in front of an audience.

She proved it again recently by winning the national People's Choice Award at the Three Minute Thesis (3MT) contest.

Cameron, a master's student in applied health sciences at Brock University in St. Catharines, received her degree at the recent Spring Convocation, according to an article about her in Brock News.

She's the youngest daughter of Stan Cameron, Caledon's trustee on the Peel District School Board.

The 3MT is a national competition in which graduate students present their research thesis in a three-minute oral presentation. Three minutes is the absolute limit and no props are allowed, although a one static slide can be used.

The title of her presentation was Mirror Mirror on the Wall.

In her presentation, she said that floor-to-ceiling mirrors in gyms don't have to be the enemy of an inactive woman, if their personal trainer gets her to look beyond superficial appearances.

"My research showed that women can leave the gym feeling happy, healthy and ready to return tomorrow," she said. "They simply need to be reminded that, when they look in the mirror, they should be checking their form."

She added that pressures to look slim and beautiful may initially cause many women to be anxious when they view their reflection.

But when those women use the mirror to develop correct techniques and form during exercise, that anxiety disappears.

