University of Connecticut

Volunteers Wanted for a Research Study:
The Physiological Responses Associated with Rest and Exercise in Cold Environments

The purpose of this study is to examine the physiological effects of exercise and rest in cold environments to validate a device predicting changes in core body temperature. Testing consists of 1 baseline visit (1-2 hours) and 3 rest + exercise trials (~3-4 hours each).

**You may be eligible to participate if:**
- Males between 18-28 years of age
- Recreationally active (at least 150 minutes of aerobic exercise per week)

**You are NOT eligible to participate if:**
- You have allergic reactions to the cold
- You have tested positive for COVID-19 in the last 6 months
- Have a current injury/illness

Participants will be able to receive up to $400.00 for full completion of the study.

To learn more about this research, please contact Erica Filep (erica.filep@uconn.edu)

This research is conducted under the direction of Dr. Douglas Casa (douglas.casa@uconn.edu) in the Department of Kinesiology.

UConn IRB Protocol X21-0016 Approved April 6, 2021