



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.

