



University of Connecticut

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

- Males and Females between 18-28 years of age
- Recreationally active (at least 150 minutes of aerobic exercise per week)

The purpose of this study is to examine the physiological effects of exercise and rest in hot and cold environments to validate a device predicting changes in core body temperature. Testing consists of 1 baseline visit, 4 exercise trials (females), 2 exercise trials (males), and 2 resting trials (males). Total time of participation will be approximately 12 and 16 hours for males and females, respectively.

Female participants will be eligible to receive up to \$700.00 for full completion the study. Male participants will be able to receive up to \$600.00 for full completion of the study.

To learn more about this research, please contact Michael Szymanski (Michael.szymanski@uconn.edu)

This research is conducted under the direction of Dr. Douglas Casa in the Department of Kinesiology.

