University of Connecticut

Volunteers Wanted for a Research Study
The Compensatory Reserve Index (CRI):
Establishment of Normative Values Surrounding Exercise in the Heat

- Males and Females between 18-35 years of age
- Recreationally active (at least 150 minutes of exercise per week)

The purpose of this research study is to assess compensatory reserve (CRI) values surrounding exercise in the heat in hydrated and dehydrated states. CRI values produced from this monitoring device can be utilized as a vital sign for central blood volume in a variety of clinical, warfighter, athlete, and labor type settings. Information from this study will contribute to improvements and advancements to wearable health and fitness technology.

Testing consists of 1 baseline visit (~1 hour) and 4 exercise trials (~4 hours each)

Participants will be eligible to receive up to $550.00 for full completion the study.

To learn more about this research, please contact Gabrielle Brewer (gabrielle.brewer@uconn.edu)

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

IRB approved 6/24/21 #H21-0050