

Effects of 10-minute cooling period on thermal comfort and physical/cognitive performance during treadmill exercise in the heat

FEMALE PARTICIPANTS WANTED FOR RESEARCH STUDY

WHO?

1. Physically active (at least 30 minutes of exercise 3-5 days a week) women between the ages of 18-35 years
2. Have a VO₂max >40ml/kg/min
3. Been cleared by the medical monitor for this study



In total, you will complete approximately 14 hours of laboratory visits within 6-8 weeks. (1 baseline visit and 5 exercise trials)

Compensation for participation will be provided up to \$475

WHAT?



You will exercise up to **120 min** on a treadmill in **hot environment**. The exercise protocol is designed to simulate the intensities of exercise and breaks during a typical tennis match play. You will exercise at various speeds (i.e. sprinting, running, jogging, walking) on the treadmill with breaks throughout the exercise protocol.



A 10-minute cooling intervention will be performed with 1) cold water immersion, 2) ice towel, 3) cooling vest and 4) passive rest. Additional trial will be 5) no 10-minute cooling.

CONTACT FOR MORE INFO



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