



# Volunteers Needed

**for a Heat Acclimation Study** examining the role of sex and reproductive hormones on adaptations resulting from heat exposure

## Who

- Healthy males & females, age 18-40
- For non-Military: Exercise at least 2x/week
- For Military: passed his/her most recent Army Combat Fitness Test (ACFT)

## What

- Walk on a treadmill for up to 3 hours in a hot environment (104°F).
- Complete 2 maximal exercise tests.
- Provide blood and urine samples.

## When

- 10 consecutive days of heat exposure (total 15 visits; ~46 hours)

## Where

- U.S. Army Research Institute of Environmental Medicine in Natick, MA

## Why

- Help our Soldiers in the U.S. Army



**Contact** 

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*If you DO NOT work for the government, you may be eligible for compensation (up to \$1150)  
DoD Civilians and Military eligible for up to \$350*