



# Volunteers Needed

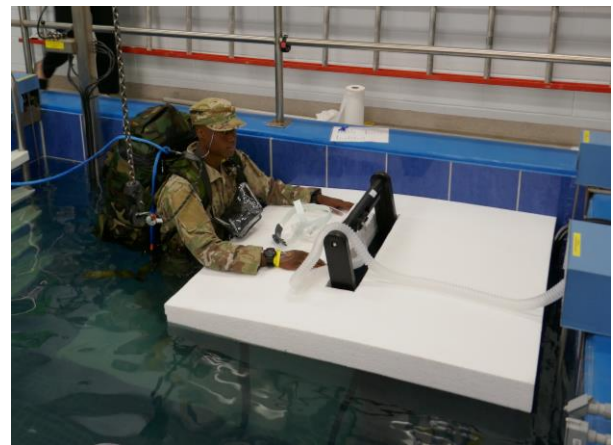
**For a research study examining the effects of various exercise intensities during cold water immersion**

## If you are...

- A healthy male or female between the ages of 18-49
- A *civilian* with recreational backpacking experience or *military* member with a recent black score on the Occupational Physical Assessment Test (OPAT)
- A male below 18% body fat or female below 24% body fat
- Vaccinated against COVID 19

## Are willing to...

- Carry a 77 lbs. rucksack while static for up to 1h and while walking for up to 2h (for up to 3 hrs. total immersion)
- Perform these activities at leg, waist and chest level in 50 °F water



## Time Commitment:

- 4 visits over the course of 3-4 weeks

***You may be eligible!***

*Military members may qualify for hazardous duty pay*

### **CONTACT:**

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#### **Cold Water Immersion Study**

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