

# Volunteers Needed

For a study examining the ability to heat acclimate by exercising in room temperature while wearing multiple clothing layers

## If you are...

- A healthy male or female
- Between the ages of 18-45 (17 if active-duty military)
- Active, exercising at least 2x per week
- Able to run 2 miles in under 17 mins (8:30 min/mi pace)

## Are willing to...

- Exercise for 90 mins in room temperature conditions wearing multiple clothing layers
- Exercise in the heat wearing normal exercise clothes for 60 min
- Provide fingerstick blood samples



## Time Commitment:

- 16 visits over the course of ~8 weeks



***You may be eligible!***

*Active-duty military member or federal civilian participants will receive up to \$1,400. Non-federal civilians will receive up to \$2,270.*

### **CONTACT:**

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**Overdressing (Chronic-XO) Study**

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