Volunteers Needed

for a study examining the effect of dehydration on muscle performance

21 October 2015

Who

Healthy males & females, age 18-45

Exercise at least 2x/week

What

Undergo 3 separate interventions

1. Stay hydrated while exercising in the heat
2. Become dehydrated by exercising in the heat
3. Become dehydrated by taking a diuretic

Provide blood, urine & sweat samples

Do a test to see how hard you can contract your thigh, multiple times

When & Where

Testing is ongoing

8 days over 4 weeks

- Five 1 hour visits
- One 8 hour visit
- Two 14 hour visits

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

Why

Help our Soldiers in the U.S. Army

Contact

Samuel Cheuvront, PhD
Samuel.n.cheuvront.civ@mail.mil
(508) 233-5607

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If you DO NOT work for the government, you may be eligible for compensation (up to $820)

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