

# VOLUNTEERS NEEDED:

## For an exercise research study



Study conducted by Military Performance Division,  
US Army Research Institute of Environmental Medicine (USARIEM)  
10 General Greene St., Natick, MA, 01760

Female volunteers needed for a **16 day** study to determine the hormone and calcium response to exercise while carrying a heavy load (load carriage)

### We are looking for:

- Women ages 18-42 years
- Recreationally active (exercise 2-5x/week)
- Weight stable for 2 months
- Body mass index (BMI) between 19-26 kg/m<sup>2</sup>
- No history of endocrine disorder (e.g. diabetes), cardiovascular disease, or kidney disease
- No current or prior military duty
- May not be pregnant or lactating within the past 6 months
- Willing to discontinue dietary supplements while in the study
- You have not donated blood within the last 8 weeks



**You will be asked to:** walk on a treadmill while wearing a weighted vest 3 times and provide blood and urine samples. Most meals will be provided.

**Study involves:** 16 day commitment to include 2 full days and 2 overnight stays at the research facility and an additional two 2-3 hour visits, four 8 hour visits, and two 30 minute visits.

Compensation up to \$1295 available.

For more information contact: [usarmy.usariem.study@mail.mil](mailto:usarmy.usariem.study@mail.mil) (508-233-4610)

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