



# uOttawa Heat Study

We are seeking volunteers to participate in a study assessing how age, chronic conditions, hydration status, and other factors can affect an individual's physiological response to heat exposure and physical activity.

## WHO CAN PARTICIPATE?



Males & females  
(18-80 years old)



Non - smokers



Healthy individuals  
(active or sedentary)



Individuals with chronic conditions  
(Diabetes, Hypertension)



## WHAT DOES PARTICIPATING INVOLVE?



1-4 visits to our laboratory  
(main campus-downtown)



Measures of your body  
composition and heart health



Measures of your response to  
heat (sweating, heart rate,  
comfort level, etc.)

## HOW WOULD PARTICIPATING BENEFIT ME?



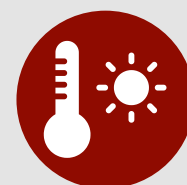
Personalized report and  
consultation on your aerobic fitness  
and body composition (\$650 value)



Tips and guidance for staying  
safe during heat exposure and  
physical activity

## WHY SHOULD I PARTICIPATE?

Your results will help us develop strategies to safeguard  
the health of Canadians in hot weather



## WANT TO LEARN MORE? CONTACT US!



613-562-5800  
ext. 4270



hepru@uottawa.ca



www.hepru.ca