

Accepted Manuscript

Title: Sauna exposure immediately prior to short-term heat acclimation accelerates phenotypic adaptation in females

Authors: Jessica A. Mee, Sophie Peters, Jonathan H. Doust, Neil S. Maxwell



PII: S1440-2440(17)30941-6
DOI: <http://dx.doi.org/doi:10.1016/j.jsams.2017.06.024>
Reference: JSAMS 1563

To appear in: *Journal of Science and Medicine in Sport*

Received date: 15-10-2016
Revised date: 21-6-2017
Accepted date: 27-6-2017

Please cite this article as: Mee Jessica A, Peters Sophie, Doust Jonathan H, Maxwell Neil S. Sauna exposure immediately prior to short-term heat acclimation accelerates phenotypic adaptation in females. *Journal of Science and Medicine in Sport* <http://dx.doi.org/10.1016/j.jsams.2017.06.024>

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

Sauna exposure immediately prior to short-term heat acclimation accelerates phenotypic adaptation in females

Jessica A. Mee^{a,b}, Sophie Peters^a, Jonathan H. Doust^a, and Neil S. Maxwell^a

^a Centre for Sport and Exercise Science and Medicine (SESAME), University of Brighton, Eastbourne, UK

^b School of Sport Health and Exercise Science (SSHES), Bangor University, Bangor, Gwynedd, UK

Corresponding author: Dr Jessica A. Mee; School of Sport Health and Exercise Science (SSHES), Bangor University, Bangor, Gwynedd, UK; j.a.mee@bangor.ac.uk

Abstract word count: 246 words

Text only word count: 3,261 words

Number of figures and tables: 2 tables, 2 Figures

Abstract

Objectives: Investigate whether a sauna exposure prior to short-term heat acclimation (HA) accelerates phenotypic adaptation in females.

Design: Randomised, repeated measures, cross-over trial.

Methods: Nine females performed two 5-d HA interventions (controlled hyperthermia $T_{re} \geq 38.5^{\circ}\text{C}$), separated by 7-wk, during the follicular phase of the menstrual cycle confirmed by plasma concentrations of 17- β estradiol and progesterone. Prior to each 90-min HA session participants sat for 20-min in either a temperate environment (20°C , 40% RH; HA_{temp}) wearing shorts and sports bra or a

Download English Version:

<https://daneshyari.com/en/article/8593027>

Download Persian Version:

<https://daneshyari.com/article/8593027>

[Daneshyari.com](https://daneshyari.com)