

## Do you want enhanced ability to hold your breath under water?!

### Are you:

- Over 18 years old?
- Able to hold your breath for 30 seconds?
- Comfortable with face immersion in water?

### If YES:

You can join an interesting study that is looking at the effects of beetroot juice supplementation on breath-hold duration.

**Location:** University of Worcester, Laboratory 133/135

**Duration:** 1 x 30 minute; 2 x 180mins (on separate days), from July 2014 onwards

**What is involved?:** 1 x 30 minute familiarisation to face submersion and breath-holding. 2 x 180 minutes tests require consumption of a Beetroot drink. Following a 2.5 hours break, breath hold time during face submersion in water will be recorded.

**What's in it for me?:** you may enhance your breath-hold ability

**If you would like more information or wish to take part, please contact Dr. Nicola Gerrett via email**

**[n.gerrett@worc.ac.uk](mailto:n.gerrett@worc.ac.uk)**